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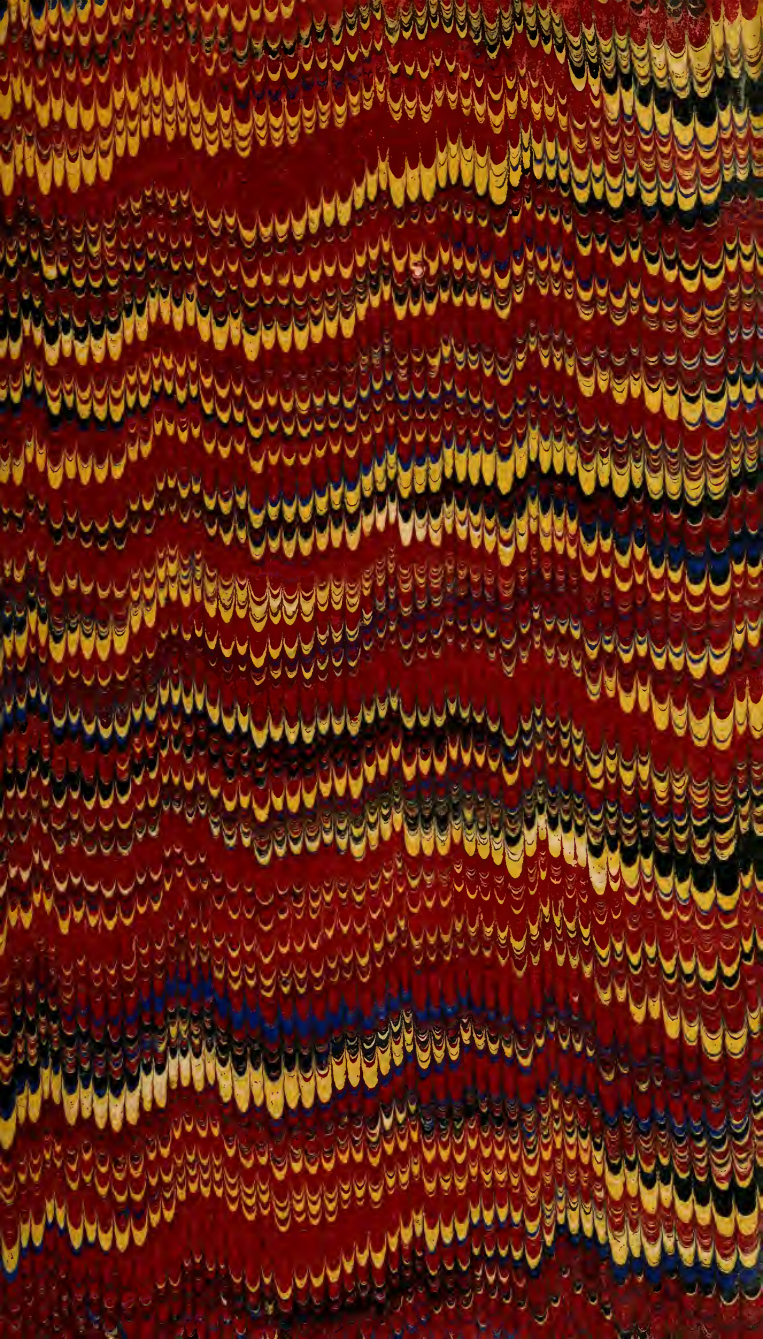
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# HOW TO COOK:

AND

# HOW TO CARVE.

GIVING PLAIN AND EASILY UNDERSTOOD

DIRECTIONS FOR

Preparing, Cooking & Serving,

WITH THE GREATEST ECONOMY.

EVERY KIND OF DISH ;

FROM THE SIMPLEST TO THE MOST DIFFICULT.

—ALSO—

**HOW TO CARVE**

ALL KINDS OF MEAT, POULTRY,

GAME AND FISH.

NEW YORK :

**FREDERIC A. BRADY,**

No. 126 NASSAU-STREET.

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# HOW TO COOK,

## AND

# HOW TO CARVE.

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THIS Volume has been selected and arranged with much care, and a well-directed attention to economy ; it is the result of a long experience, and will be found, on inspection, to contain, ail that can be esteemed essential for the tables of the affluent or those persons of moderate incomes.

It has been the author's object to give receipts which shall enable any one to produce excellent and even high-class dishes, of the utmost variety and nutritive quality, at considerably less cost than the old methods of Cookery daily occasion.

It will be sometimes found in the body of the work, that there are several receipts for the production of one result ; wherever this is the case, each receipt presents some feature to make the change of flavor perceptible, and yet, in effect, equally palatable. Tastes, without being false, vary greatly,—so should made dishes, to meet the difficulty

A KITCHEN should always be well furnished ; there is no necessity that it should be profusely so, but there should be sufficiency of everything which can aid the cook in properly preparing the food entrusted to her care. And when this important point has been realized, *cleanliness in every article used should be scrupulously observed* ; no utensil should be suffered to be put away dirty, it not only injures the article itself materially, but prevents its readiness for use on any sudden occasion. No good cook or servant would be guilty of such an act ; those who are, do so either from laziness or want of system, or a nature naturally dirty. A servant prone to this vice should never be retained ; it is better and easier to change frequently until the mistress is suited, however unpleasant these changes may prove, than Quixotically attempt to cure a person of this description. Cleanliness is the most essential ingredient in the art of cooking, and should inviolably be maintained in the kitchen.

## SOUPS.

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### MEAT SOUPS.

No dish, that comes to table, gives such general satisfaction as well-prepared soup; let the appetite be vigorous or refined, an excellent soup will invariably prove grateful to it; therefore, it should be the duty of the cook constantly to be in a position to produce it at a short notice.

There should always be plenty of dried herbs in the store closet; these may be purchased chiefly in quantities at the beginning of autumn, of any market-gardener, and kept at hand, "Everything should have its place, and there should be a place for everything." The multiplicity of articles required by a cook should induce her to bear this maxim in mind. Herbs may be very well kept in paper bags; *they should be all labelled*. When time is an important object, the necessity of this is obvious—they are always to be had when wanted, and the bag should be replaced after using.

There should be a saucepan, or kettle of iron well-tinned, kept for soup only; and remember, in using that, the lid of the stock-pot *should fit tightly*. The inexperienced reader will understand by the term "stock-pot," that soups being of two kinds, brown and white, have different foundations, that of brown being beef, and that of white, veal; there are many ingredients in each, and it is the various articles which, when put together, are called "stock," hence the soup-utensil is technically termed the stock-pot,

#### STOCK FOR BROWN SOUP.

Let the kettle in which the soup is to be prepared be perfectly clean and dry; the hands of the cook should be so likewise; then take about a pound of beef, which should be lean, and may be either shin, leg, ox-cheek, or from the clod; indeed from any of the inferior parts, always remembering it must be lean; cut it in slices, and place it at the bottom of the saucepan, with a tolerable-sized piece of salt butter, and a little water to prevent burning, but let the quantity be small; add a piece of lean bacon, cut in slices also; if the quantity be large, about a fourth the quantity of the bacon to the beef will suffice, but when the quantity of beef is small, the proportion of bacon should



be nearly equal ; cover the lid down close, and extract the gravy, permitting it nearly all to re-enter the meat, and then pour sufficient *boiling* water for the quantity of soup required, adding two or three onions if small, sweet herbs cut small, with a few cloves, and let it stew slowly for four or five hours, proportionately to the quantity of meat. When the meat is quite tender, this will form the foundation for all the best brown soups, and, if well done, also makes a delicious gravy-soup.

Stock, in its composition, is not confined to the above receipt ; any meats or bones, stewable, will be useful in the stock-pot ; pieces of beef, from any part from which gravy can be extracted, bones, shin-bones, brisket-bones, tops of ribs, ox-cheek, pieces of mutton, bacon, ham, bones of either legs, heads of fowls, geese, or turkeys, veal, knuckle, or other parts, game, hare, pheasant, partridges, if they are *old* and fit for no other purpose ; indeed, anything which is proper to be eaten in the form of animal food, and in any degree resolvable into jelly, will assist in making stock.

To this medley of ingredients, which it will be found on trial will produce the best soup that can be made, add carrots cut thin in slices, herbs, onions, pepper, and salt ; when it has stewed slowly for a short time, pour in the boiling water in proportion to the quantity of meat and soup required ; then stew it until it is of a rich consistency, take it from the fire, let it cool, and remove the pot. If required the following day, care should be taken that the deposit or sediment is removed, as also the fat, previous to warming ; if kept long, the pans must be changed ; there is as much danger in red glazed earthenware as in metal pans ; the latter should never be employed to keep gravy in, if possible. Wherever greater richness is desired, it may be obtained by the addition of the jelly of cow-heel, or a lump of butter and flour.

Soup is richer and better for being made a day, or even two or three days, previously to its being required, if it be warmed each day ; to be really good, it must be well stewed.

#### STOCK FOR WHITE SOUPS.

This is a soup the foundation of which is veal, (the knuckle, the serag, or calf's head being the best meat for the purpose), an old fowl, a little ham or bacon, mutton, sheep's head, indeed nearly the same ingredients as for brown soups, save that there must not be much beef, and the proportion of ham and bacon smaller in the latter than the former, and when made for white sauce, care must be taken to leave out the pepper:

#### GRAVY-SOUP.

Nothing is better than shin of beef for this soup, though pieces of the rump and other parts are used : the shin should be sawed in

several places, and the marrow extracted ; this, if laid in the bottom of the saucepan, will take the place of butter ; if marrow is not forthcoming, butter must be employed ; take a fourth of the quantity of ham, stew gently until the gravy is extracted, care being taken it does not burn ; a little water may be employed by the inexperienced, but not much ; when it has nearly dried up again, put in herbs, a couple of carrots cut very small, pepper ground, salt, a little white sugar (this can be omitted, but it materially adds to the flavor) ; add boiling water in requisite quantity, and stew gently for five hours ; when cold, remove the fat, and warm up as wanted.

#### GRAVY SOUP.

Take a leg of beef, well wash and soak it, break the bone, put it into a saucepan with a gallon of water, a large bunch of sweet herbs, two large onions sliced and fried to a nice brown, taking great care they are not burnt, two blades of mace, three cloves, twenty berries of allspice, and forty of black pepper, and stew till the soup is as rich as you wish it to be, then take out the meat ; when it is cold, take off the fat, heat the soup with vermicelli, and the nicest part of a head of celery boiled and cut to pieces, cayenne, and a little salt ; carrot may be added, with turnip cut up into small pieces, and boiled with spinach and endive, or the herbs without the vermicelli, or vermicelli only ; add also a large spoonful of soy, and one of mushroom ketchup ; a French roll should be made hot and put into the soup.

#### VENISON SOUP.

Take four pounds of freshly-killed venison cut off from the bones, and one pound of ham in small slices. Add an onion minced, and black pepper to your taste. Put only as much water as will cover it, and stew it gently for an hour, keeping the pot closely covered. Skim it well, and pour in a quart of boiling water. Add a head of celery cut small, and three blades of mace. Boil it gently two hours and a half ; then put in quarter of a pound of butter, cut small and rolled in flour, and half-pint of Port, or Maderia. Let it boil quarter of an hour longer, and send it to the table with the meat in it.

#### BLOOD OR VEAL GRAVY.

Put a few slices of ham into a thick stewpan, and lay over it some slices of lean veal, half cover the meat with jelly stock, stew it over a brisk fire, taking care that it does not burn ; when the broth is reduced, thrust a knife into the meat so that the gravy may run out, then stew it more gently till brown, and turn the meat frequently ; when of dark red color, moisten with hot stock, season with shred mushrooms, parsley, and green onions ; when it has boiled an hour, skim and strain it through a tammy for use to clarify.

## OX-TAIL.

One tail will do for a tureed of soup ; cut it into joints,—your butcher will cut it for you—blanch it a few minutes in water, then add some good clear second stock to the pieces, and let them gently boil until tender ; skim off all grease from them ; add sufficient consomme stock, also add exactly the same roots as for saute soup, in shape and size, similar to the roots you would cut for a haricot and use small button onions instead of cut onions ; season as before ; dish the pieces of tail into the soup tureen with a large ragou spoon, or you will smash them.

## OX-TAIL SOUP.

Same as gravy soup, adding about three ox-tails, seperated at the joints ; when the meat upon them is tender, it is done ; they must not be over-stewed ; add a spoonful of ketchup or Harvey's sause, and send to table with pieces of the tail in the soup.

## MACCARONI SOUP.

After you have blanched it, cut some pipe macaroni, about an inch long ; do not boil it too much ; it will take longer than vermicelli ; keep the pieces in cold water until you require them for your soup, when you will strain them off, and add to your consomme ; season for Italian soup ; send up on a small plate or dish, on a napkin, some grated Parmesan cheese.

## MACCARONI SOUP.

Take a given weight of macaroni in proportion to the quantity of soup required, (say one pound,) and boil it in a quart of white stock until it is tender, then take out one half and keep the other boiling until it is reduced to a pulp. Add sufficient stock until the whole, with half a pint of cream, boiling, make five pints ; grate eight ounces of Parmesan cheese, and add the half of the macaroni which had been only boiled tender, warm it without boiling, and serve with toast.

## CURRY SOUP.

Cut the meat from an ox-cheek, and soak it well, then put it in a stewpan, with four onions cut in slices, and a bunch of potherbs ; add three quarts of water ; remove the scum frequently, and strain ; add also half a pound of soaked rice, one tea-spoonful of curry-powder, a little pepper and salt, and stew four hours.

## SOUP AND BOUILLI.

Stew a brisket of beef with some turnips, carrots, onions, and cel-

ery, all cut small ; put the beef into the pot first, then the roots, add a few cloves and half a pint of beef gravy, simmer an hour, then add sufficient beef gravy to fill the pan, and boil gently for half an hour.

#### SOUP A LE SAP.

Divide a pound of beef into thin slices, grate half a pound of potatoes, and put them in three quarts of water, adding an onion, a pint of grey peas, and three ounces of rice ; reduce it by boiling to five pints ; cut two heads of celery and put them into the stewpan, pouring upon them the five pints of soup, and pulp the boiled peas into it through a fine tammy of coarse cloth ; stew until it is quite tender ; season with pepper and salt, and serve up with fried bread cut in dice.

#### HESSIAN SOUP

Cut into slices three pounds of shin of beef, lay it in a stewpan with three onions, five carrots, eight potatoes, a pint and a quarter of split peas, three heads of celery, some whole pepper, and salt ; pour in by degrees seven quarts of water, and stew until reduced to half. If the soup alone be required, strain off the vegetables ; if not, serve as cooked.

#### COCK-A-LEEKIE.

Put into a stewpan, as much beef stock as you desire to send to table ; put in an old fowl, and six leeks sliced about two inches long ; stew gently half an hour previous to serving ; put in six to eight ounces of prunes. Serve the fowl on a separate dish.

#### SOUP A LA FRANCAISE.

Place in the stewpan six pounds of beef, add a few small veal bones, or one about a pound weight, a couple of fowls' heads, a small piece of calf's liver, and cover with four quarts of water ; when it boils remove the scum, adding three or four leeks, a couple of turnips, head of celery, a burnt onion, a large carrot, salt, and simmer slowly seven hours ; let every particle of scum be removed, and serve with sippets of bread in the soup.

#### A CHEAP SOUP.

A pound or a pound and a half of lean beef, cut up into small pieces, six quarts of water, stew in three large onions, with double the quantity of turnips ; put in thyme, parsley, pepper, and salt, half a pound of rice, a pound of potatoes peeled and cut in quarters, and a handful of oatmeal. Stew from three to four hours, not less.

#### A GOOD AND CHEAP SOUP.

Cut in slices four pounds of lean beef or mutton, fry them brown



and lay them with their gravy in the stewpan ; cut six carrots and as many turnips in slices, (the latter may only be quartered,) three tolerable-sized onions, two table-spoonfuls of black pepper whole, and two heads of celery with their green tops on, let it boil, and then simmer till the meat is reduced to a pulp, strain it, and serve it with or without vegetables.

#### SAGO SOUP.

'Take three pounds of lean beef, a slice of lean ham, and lay them in a stewpan with a lump of butter, draw the gravy gently, and two quarts of water, and a sliced onion which has been browned by frying in fresh butter; also add a bunch of sweet herbs, six cloves, a blade of mace, a tea-spoonful of allspice, and one of black pepper whole ; stew until the soup is rich and brown, then remove the meat, and strain the soup clear, put it into a clean stewpan, and thicken it to a good consistency with sago.

#### BAKED SOUP.

Cut into slices a pound and a half of lean beef, put it into a stewpan earthenware jar, with three onions sliced, and the same number of carrots cut up ; add also three ounces of rice, which has been soaked two hours previously and thoroughly washed, and a pint of white peas : season with pepper and salt, cover down close, and bake two hours.

#### INDIAN METHOD.

Slice six onions, and seven or eight shalots, and place them in the stewpan with six ounces of butter ; cut a pair of young fowls, as though for fricasee, season copiously with white pepper, place the chickens upon the onions, and stew gently rather more than an hour ; then remove the pieces of chicken, flour each well, put them again in the pan, with four desert-spoonfuls of curry-powder, and one of turmeric ; pour at least two quarts of gravy to this, and stew slowly for an hour, then add a small quantity of cayenne pepper, with lemon juice, that of a half a lemon will suffice. Boil a pound of best rice until soft ; serve in a separate dish, boxed with small pieces of toast cut into squares. A rabbit will serve the same purpose as a chicken.

#### CALVES' FOOT SOUP A LA TUREEN.

This soup is frequently made from calves' feet after having taken the stock from them for jelly, but do not boil them so much as though they were not required ; take out all the bones and lay them to get cold, then cut them into large square pieces ; if quite tender to eat, put them into your tureen ; sweat down a small slice of raw ham and veal, a few mushrooms, two onions, a sprig of parsley, a blade of



mace, a large faggot of sweet herbs, with plenty of basil, dry all well up with flour, and strain it through a tammy cloth or seive; season with cayenne pepper, salt, and lemon, add a wine glass or two of white wine at the last, then put in the cut meat to get hot.

#### CALVES' TAIL SOUP.

Get three calves' tails, let them be cut in joints, and, after blanching, put them into some good white stock, and stew them well for several hours; proceed as for the former soup, likewise season the same, leaving out the basil.

#### LAMBS' TAIL SOUP.

Four lambs' tails, cut in joints, will make this soup, proceeding the same way as the former, leaving out sweet herbs; add cream, as to the former, and one glass of white wine.

#### MUTTON SOUP.

Cut a neck of mutton into four pieces, and put it aside, then take a slice of the gammon of bacon and put it in a saucepan with a quart of peas and enough water to boil them; let the peas boil to a pulp, then strain them through a cloth, and put them aside; add enough water to that in which is the bacon to boil the mutton, slice three turnips, as many carrots, and boil for an hour slowly, adding sweet herbs, onions, cabbage, and lettuces chopped small; then stew a quarter of an hour longer, sufficient to cook the mutton, then take it out, and take some fresh green peas, add them with some chopped parsley and the peas first boiled to the soup, put in a lump of butter rolled in flour, and stew till the green peas are done.

#### LAMB SOUP.

May be cooked as mutton, save that beef may be substituted for the bacon.

#### LEG OF BEEF BROTH.

Take a leg of beef, break the bone in several places, place it in a pan with a gallon of water, remove the scum as it rises, and add three blades of mace, a crust of bread, and a small pinch of parsley; boil till the beef is tender; toast some bread, cut it in diamonds, lay it in the bottom of the tureen, put the meat on it, and pour the broth over all.

#### BROTH.

Put the mouse round of beef, a knuckle-bone of veal, and a few shanks of mutton, into a deep pan, and cover it close with a dish of

coarse paste ; put water enough to cover the meat, and bake it till tender ; when cold, let it stand in a cool place, covered close and flavor it as you please.

#### VEAL BROTH.

Stew a knuckle of veal ; draw gravy as for stock, add four quarts of water, with celery, parsley, and an onion ; simmer till reduced to half, then add two or three ounces of rice, but not until the soup is nearly cooked, so that when served the rice may be no more than done. Vermicilli may be used in preference, or for change.

#### MUTTON BROTH.

Three pounds of scrag of mutton, put into two quarts of cold water, add onion, turnips, pepper, and salt, a few sweet herbs, and a little pearl barley ; skim well, and boil four hours. These ingredients chiefly depend upon whether this dish is made for an invalid, if so, the omission of any of the ingredients will be regulated according to the advice of the medical attendant.

#### WHITE PORTABLE SOUP.

Procure as fine a leg of veal as can be obtained, bone it, remove the whole of the skin and fat, chop in pieces two dozen fowls' feet, wash them well, put them into a large iron kettle with three gallons of water, and stew until the meat is tender enough to separate, then cover down close and stew for eight hours ; take a tea-cup and fill it with the soup, set it where it can quickly cool, if when cold it is hard enough to cut with a knife, strain through a sieve and remove all the fat, pour into cups the clear jelly, and put them into a stewpan with boiling water until they are like glue ; let them cool ; and when nearly cold, run a ring round them and turn them on to a piece of new flannel, it will draw all the moisture out of them ; turn them in seven hours, and continue until they are very hard ; put them in tin canisters in a dry place. When any is required, cut a piece about the size of a walnut, pour a pint of boiling water upon it, stir until the soup is dissolved, and season with salt, it will make a basin of strong broth ; if for soup, steep some vermicilli in water, and boil it ; then to one cake of the soup pour one pint of water, if two quarts or four pints of soup are required, take four cakes of the soup, and when melted, set it over the fire and simmer ; pour it into a soup tureen, add thin slices of bread very lightly toasted, and upon them the vermicelli, season to palate.

#### TRANSPARENT SOUP.

Cut the meat from a leg of veal in slices as thin as possible, and break the bone as small as possible ; put the meat into a very large

jar, the bones at the top, with a bunch of sweet herbs, a quarter of an ounce of mace, and four ounces of blanched garden almonds beat fine; pour upon it a gallon of boiling water, and let it simmer over a slow fire twelve hours—all night is best; turn it into a double-bottomed tin saucepan, simmer until reduced to two quarts, remove the scum as it rises, strain it, and let it stand two hours, then pour into a saucepan, taking care not to let any of the sediment accompany it. Steep two ounces of vermicelli in water, boil it and put it in the soup before serving up.

#### SOUP ITALIENNE.

Out the meat from a knuckle of veal, break up the bones and make a broth of them, cut half a pound of ham in slices, and lay them at the bottom of a stewpan, upon them the meat from the knuckle of veal, with the slices of four carrots, four turnips, a dozen peppercorns, two blades of mace, a large onion, and a head of celery; cover down close; stew till the gravy is drawn out, and the roots are quite tender, then pour over them the broth made from the bones of the knuckle until they are covered, add six spoonfuls of rice, stew four hours, work the soup through a sieve, and add vermicelli before serving.

#### ITALIAN SOUP.

Blanche about two ounces of Italian stew-paste (or any portion preferred) a few minutes, strain it off, and put it in a basin of cold water until wanted; it must be boiled a short time in some good consommé stock; season as before, using less sugar.

#### VERMICELLI SOUP.

Blanche as the Italian paste, but first give the vermicelli a squeeze to break it a little, or otherwise it will hang disagreeably about the ladle or spoon in eating; at the risk of spoiling a lady's dress or causing a confused blush. Season as before.

#### ESPAGNOLE

Take fourteen pounds of the leg or shoulder of veal and an old fowl, chop the veal into pieces, and put the whole into a saucepan, with two carrots, two onions, a pound of ham, a few peppercorns, a small quantity of spice and a clove of garlic; let this stew over the fire, shaking it frequently, till it becomes of a brown color, then add hot water to come four inches above the meat, set it by the stove to boil gently, skimming when the meat comes from the bones, strain it through a silk sieve, and set it by for use.

## SOUP A LA REINE VICTORIA

Take a pound and a half lean veal, place it in a stewpan with a slice of lean bacon, an onion with one clove, a blade of mace, a head of celery, a handful of sweet herbs, four ounces of fresh butter, and some whole white pepper, set it over a clear fire, and move it frequently to prevent burning, or the flavor is ruined. Have some white gravy ready, thicken it, add two quarts to the above ingredients with a few strips of mushrooms; let it boil, and when it reaches that point, remove it, and skim it clean of all scum and fat. Have ready some vermicelli which has been soaked five minutes in cold water and subsequently stewed in strong broth; strain on it the soup, and serve with blanched chervil leaves in it.

## MULIGATAWNEY SOUP.

A calf's head divided, well cleaned, and placed with a cow-heel in a well-tinned saucepan; boil them till tender, let them cool, cut the meat from the bones in slices, and fry them in butter; stew the bones of the head and heel for some hours; when well stewed, strain, let it get cold and remove the fat. When this is accomplished, cut four onions in slices, flour them, fry them in butter until brown, add a table-spoonful and a half of best curry powder obtainable, cayenne pepper one tea-spoonful, with a little salt; turmeric powder sufficient to fill a dessert spoon is sometimes added, but the improvement is not manifest to a refined English palate, the curry powder being deemed all that is necessary; add these last ingredients to the soup, boil gently for about an hour and a half, then add two dessert-spoonfuls of Harvey's sauce, and serve.

## BEEF GRAVY.

Take three pounds of beef steaks, a knuckle of veal, five carrots, six onions, two cloves, two bay leaves, a bunch of parsley, and scallions; put all these into a stewpan, with two ladlefuls of broth, and set them over a good fire to reduce them, cover the stove, and let the stewpan stand over it until the meat begins to give out the gravy, and adheres slightly; the jelly at the bottom of the stewpan ought to be nearly black, and when that is the case, take it from the stove, and let it stand for ten minutes, then fill the stewpan with good broth or water (if the latter, not so large a quantity), let this simmer for three hours, skim and season it well; if water is used instead of broth, the gravy must be strained first.

## PORTABLE SOUP.

There are many advantages connected with this soup which will present themselves to the lady housekeeper, its constant readiness for use, and the excellent stock it makes for gravies, sauces, or soups being the chief; a few minutes will suffice to make a basin of soup from it.



Take three pounds of beef, the bones of which break, a cow-heel, and two small knuckles of veal, put them in a stewpan, and add as much water as will barely cover them ; put in three onions and seasoning to taste ; stew the meat to ribbons, strain, and then put it in the coldest place you can command ; when thoroughly cold, take off the fat, and boil it fast in a stewpan without the lid, on a quick fire ; let it boil and keep it stirred for at least eight hours, then pour it into a pan, and let it stand twenty-four hours ; then take your largest lip bason and turn the soup into it ; boil sufficient water in the stewpan to reach as high outside the bason which is placed in it as the soup is inside, but do not let any bubble into the bason ; keep the water boiling until the water is reduced to a good consistency ; it will be then done ; it should then be poured into small jelly pots, or in saucers, so as to form cakes when cold, but is best preserved in tin canisters, put in dry cool places. This soup may receive various flavors of herbs, or anything else, by boiling the herbs or other ingredients, and straining the simples noted through the water, make it boil, and then melt the soup in it.

#### CONSOMME.

Take eight or ten pounds of beef-steaks, eight old hens, two young ones, four knuckles of veal, put these into a large pot, and fill it with strong broth ; skim it well, cooling it three or four times to make the scum rise, after which let it boil gently. Put it into the pot carrots, turnips, onions, and three cloves ; when your meat is sufficiently done, pass the liquor through a fine napkin or sieve, that it may be very clear. No salt need be put in if strong broth be used.

#### WHITE SOUP.

General directions for white stock have been given, but to prevent mistake, take a knuckle of veal, seperated into three or four pieces, a slice of ham as lean as possible, a few onions, thyme, cloves and mace, stew twelve or fourteen hours, until the stock is as rich as the materials can make it ; an old fowl will make it much richer if added. This soup must be made the day before it is required ; when removed from the fire, after being sufficiently stewed, let it cool, and then remove the fat ; add to it four ounces of pounded blanched almonds, let it boil slowly, thicken it with half a pint of cream and an egg. It should boil slowly for half an hour, and then be served.

#### BEEF GRAVY.

Cut a piece of the cheek or neck into pieces, strew some flour over it, mix it well with the meat, and put it into the saucepan with as much water as will cover it, an onion, a little allspice, pepper and salt, cover it close, and when it boils, skim it ; then throw in a small crust



of bread, or raspings, and stew it until the gravy is rich and good, then strain it off, and pour it into a sauce boat.

#### GRAVY—CLEAR.

Slice some beef thinly, broil a part of it over a very clear, quick fire, just enough to give color to the gravy, but not to dress it; put this with the raw remainder into a tinned stewpan with a couple of onions, one or two cloves, a whole black pepper, berries of allspice, and a few sweet herbs; cover it with hot water, give it one boil, and skim it two or three times, then cover it, and let it simmer till quite strong.

#### SHEEP'S HEAD BROTH.

Split the sheep's head, and well wash it, take out the brains, let the head soak for an hour in cold water; boil three quarters of a pound of Scotch barley in eight quarts of water, and when it boils, put in the head with a neck of mutton; slice carrots thin, and cut turnips small, and add them with some salt; let it boil for three hours, and skim with care and frequency. When it has boiled two hours and a half add some onions chopped very fine. In warming up this soup it must be stirred gently over a clear fire, and allowed to boil no longer than three minutes.

#### CHICKEN BROTH.

Joint a chicken, wash the pieces, put them into a stewpan with three pints of water, and add two ounces of rice, two or three blades of mace, some white pepper whole, and a pinch of salt: let it come to a boil, skim frequently, and simmer for three hours; boil for five minutes in the soup some vermicelli, and serve with it in the soup.

#### SCOTCH BARLEY BROTH.

Throw three quarters of a pound of Scotch barley into some clean water, when thoroughly cleansed, place it with a knuckle of veal in a stewpan, cover it with cold water, let it slowly reach a boil, keep it skimmed, add seven onions, and simmer for two hours; skim again, and add two heads of celery and two turnips cut in slices, or any shape it pleases the cook; add as much salt as required to make it palatable, and let it stew for an hour and a half—it must be well skimmed before the broth is dished; the meat must be previously removed and the broth alone sent to table. If it is intended to send the veal to table with it, dress it as follows:—take two pints of the broth and put it into a stewpan, over a clear fire, add two table-spoonfuls of flour to the broth, and keep the broth stirring as you shake it in, until it boils; then add a little cayenne pepper, two table-spoonfuls of port, boil for two minutes, strain it over the veal, and send to table.

## GIBLET SOUP.

Scald and clean thoroughly two sets of goose giblets, or twice the number of duck giblets, cut them in pieces, and put them in three quarts of stock ; if water is used instead of stock add a pound of gravy beef, a bunch of sweet herbs, a couple of onions, half a table-spoonful of the whole white pepper, as much salt, and the peel of half a lemon ; cover all with water, then stew, and when the gizzards are

tender strain the soup. Now put into a stewpan a paste made of an ounce of butter and a spoonful of flour, stir it over the fire until brown, pour in the soup, and let it boil, stirring it well all the while ; in ten minutes skim and strain it, add a glass of Madeira, a salt-spoonful of cayenne, a desert-spoonful of mushroom ketchup, squeeze in the juice of half a lemon, and serve up with the giblets in the soup ; it should be sent to table as hot as possible.

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## SOUPS OF POULTRY, GAME, ETC.

## GIBLET SOUP.

Get two sets of giblets, blanch them, and throw them into cold water ; then cut them in pieces about one inch long, the gizzard, liver, and heart cut in thin slices, put them into some good second stock, and stew them until tender, then strain off some of that stock, cut up in dice a piece of lean ham, two onions, a faggot of sweet herbs, a few mushrooms or the parings, a blade or two of mace, six cloves, a bay leaf, and fry all a nice light brown ; if for brown giblet soup, dry all up with flour, add the stock you have strained from the giblets, and boil it well, then strain it through a tammy, or tammy sieve, into the stewpan with the giblets, boil all together, clear off all grease, season with salt, sugar, cayenne pepper, lemon-juice, and white wine. If for white giblet soup, do not let your butter brown, and add half a pint of good cream, and the wine and lemon the last thing, in case of curdling your soup.

## HARE SOUP.

An old hare is fitted only for soup or jugging. To render it into soup let it be cleaned, cut into pieces, and add a pound and a half or two pounds of beef, to which there is little or no fat ; place it at the bottom of the pan, then add two or three slices of ham or bacon, or a little of both, a couple of onions, and some sweet herbs ; add four quarts of boiling water, let it stew to shreds, strain off the soup, and take away the fat ; reboil it, add a spoonful of soy or Harvey's sauce, and send to table with a few force-meat balls.

## HARE SOUP.

If possible procure a hare that has been coursed ; in skinning it, and blowing it, take care of all the blood. Cut it up in small pieces, add about six onions, a faggot of sweet herbs, a bay leaf, four blades of mace, six cloves, a few pepper-corns, about one pound of lean ham cut in dice, and a few mushrooms or parings ; cover all with your brown second stock, and stew until tender, then take up a few of the best pieces of meat to go into your soup from the rest, take out all the bones, then rub all the meat and stock through a tammy until the meat has gone clean through ; return it to your stewpan ; if not thick enough, add a little flour and butter thin ; season with cayenne pepper, salt, and port wine, then add the best pieces of meat you had previously taken care of. Be sure it has been well skimmed from grease.

## SOUP LORRAINE.

Pound in a mortar a pound of blanched almonds—use a little water, or they will oil ; add to these the breast and legs of a roast fowl, and with the yolks of four poached eggs, beat up into a smooth mixture ; warm three quarts of white stock, stir in the ingredients, and boil them over a slow fire. Chop the meat of the legs, wings, and breast of a second fowl until it is minced fine ; season it with nutmeg, pepper, salt, and finely-pounded mace : melt a lump of butter, strain a small quantity of the soup, and add one spoonful of butter ; cut into slices two French rolls, crisp them before the fire, scoop out the crumb of a third roll, without damaging the the crust, and fill it with the minced food ; close the roll at each end, make it hot, and keep it so. Strain into a stewpan the soup, and stew it until the consistency of cream ; lay the crisped slices of roll into the bottom of the tureen, pour the soup on to it, and serve up with the roll containing the minced fowl floating in the centre.

## PARTRIDGE SOUP.

When you have a brace of partridges which prove to be remarkably old, convert them into soup ; skin and cut them up, cut a handsome slice of ham as lean as possible, and divide it in four, or cut as many thin slices, put them in the pan, add the partridges with an onion sliced, some celery, and four ounces of butter, brown nicely without burning, put them into the stewpan with three pints of water, throw in a few white peppers whole, a shank of mutton, salt it to palate, strain, add stewed celery, fried bread, and, previous to its boiling skim very clean, and serve up.

## VELOUTE.

Take the cuttings and remains of any joints of fowls and veal you

may happen to have, weigh four pounds, and put into a large stewpan, with some onions, carrots, parsley, scallions, three bay leaves, three cloves, and a ladleful of stock ; put your stewpan upon a brisk fire, skim well, and be careful the meat does not stick ; when enough reduced, add as much stock as will nearly fill the stewpan, salt it well, give it a boil, skim and then put it on the side of the fire to simmer for two hours, after which strain it through a tammy ; make a white *roux* ; stir into it for ten minutes a few champignons, then pour on it, a little at a time, the above liquor, let it boil up once, then skim, and set it again by the side of the fire for an hour and a half ; remove all fat, strain again, and then put by for use. The veloute should be colorless, the whiter it is the better.

#### PIGEON SOUP.

Take half a dozen of the fattest pigeons you can get, roast them only sufficient to warm them through ; cut the meat from the bones, flour the latter well, and pound them in a mortar ; stew them in a pint and a half of good gravy, add a piece of butter rolled in flour, a bunch of tarragon, chervil, a few onions, shalots, parsley, and basil, a few turnips and carrots sliced, season with cayenne and one blade of mace. Boil slowly two hours, then pour, and pass through a cullender. Pulp through a tammy, and then with the flesh of the pigeons put them into a saucepan. Let it simmer one hour, and serve.

#### TURTLE, KILLED AND DRESSED.

Tie a strong cord round the hind fins of the turtle, then hang it up ; tie another cord by way of pinion to both fins, that it should not beat about and be troublesome to the person who cuts off the head ; then take off the head. All this do the evening before you intend dressing it ; then lay the turtle on the back shell on the block, loosen the shell round the edge by cutting it with your sharp knife, then gently raise the shell clean off from the fleeh, and next take out the gall with great care ; then cut the fore fins off—all the flesh will come with them ; then cut the hind fins off, taking the liver as whole as you can from the entrails, likewise the heart and the kidneys ; cut the entrails from the back bone, put them in a bucket of water, wash the shell in several waters, and turn it down to drain. In the mean time cut the fins from the lean meat, then cut the white or belly shell in twelve or fourteen pieces, turn up the back shell, and take all the fat from it, taking it out as though you were skinning it ; put the fat in a stewpan by itself, saw a rim off the back shell six inches deep, cut it in about twelve inches, put a large stewpan full of water on the fire, and when it boils dip in a fin for a minute or two, then peel off the shell, and so continue until you have done head and



all ; then put all the pieces of shell into a stewpan, with about eighteen large onions, and a faggot of sweet herbs, allowing more basil than any other herbs ; fill it up with water and let it boil a long time ; next you will cut the fore fins into four pieces, and put them into a stewpan, cover them with water, the hind ones in two each ; cover the stewpan ; let them boil gently until you can take out all the bones ; do not mix them, but put them on different dishes, put the two liquors in one pan.

Cut up the lean meat for entrees, such as grenadins, collops, fricaudeaux, roasting or boiling, as chickens, pates, or quenelles. Put one pound of butter into a large stewpan, and all the lean next that may be left as useless ; cut up three or four fowls, a faggot of turtle herbs ; twelve onions, three or four pounds of lean ham, a bottle of Madeira, and a pound of mushrooms ; draw it down for an hour, and then fill it up with the liquor previously strained from the bones and shells, keep it all boiling gently for several hours, and then strain it off, taking care of what lean meat you require for your tureens, by putting it into your soup-pot to keep hot, with a little of the stock. Have the entrails cleaned and scalded, cut them into pieces two inches long, then put them on to blanch in cold water, wash them out, line a stewpan with fat bacon, and let them stew very gently for about three hours ; then thicken the stock as for mock turtle, and rub it through a tammy, adding egg-balls, or hard boiled eggs, cut in half, and force-meat balls, or quenelles ; the green fat to be boiled by itself in good consomme, a little to be added to each tureen of soup. If to be sent up in the shell, put a pretty rim of raised pie paste round the top shell ; add the juice of lemons and a little more wine before you serve it up. Season with sugar, cayenne pepper, and salt.

#### MOCK TURTLE

Is made much after the same manner. The calf's head being divided, having the skin on, the brains carefully remove and boil separately in a cloth ; it must be placed in a saucepan, with more than enough water to cover it, skim while heating, let it be parboiled, and then let it cool, cut the meat from the head into square pieces, the tongue also ; then break the bones of the head in pieces, return them into the water in which they have been boiled, add three or four pounds of shin of beef, knuckle of veal, three or four onions, two small carrots sliced, a turnip also, with black pepper unground ; then add the brains pounded, and stew gently five hours ; strain, cool, and remove the fat. Take a clean stewpan, place in it four ounces of fresh butter ; add to it, when fluid, three wooden spoonfuls of flour, stirring it well until it browns, some shalots, or a little of the soup may be added to this, also parsley, sweet basil, chives, salt, soy, cayenne, and ketchup ; strain before you add it to the soup, into which you will



return the pieces of meat, and boil it for upwards of an hour ; previous to dishing, half a pint of sherry or Madeira should be added, a lemon squeezed into the tureen in which it is to be served, and when in the tureen, add twenty or thirty egg balls.

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## FISH SOUPS.

### EEL SOUP.

Take any number of pounds of eels according to the quantity required ; add two-thirds water. If about three or four pounds of eels, add one onion, a small quantity of mace, a little pepper whole, sweet herbs, a crust of the top side of bread, cover down close, and stew till the fish separates, then strain. Toast slices of bread deep brown, but not to burn, and cut into triangular pieces or squares a piece of carrot, two inches long, cut into four slices lengthways, put into a tureen with the toast, and pour the soup on ; boiling cream may be added, thickened with a little flour, but it should be rich enough without it.

### LOBSTER SOUP.

Extract the meat from the shells of four hen Lobsters which have been boiled ; put the spawn aside, beat the fins and small claws in a mortar ; then place both in a saucepan, with two quarts of water, until the whole goodness of the fish has been drawn ; then strain the liquor. Beat in a mortar the spawn, a lump of flour and butter ; rub it through a sieve into the soup previously strained ; simmer without boiling, that the color may be preserved, ten minutes ; squeeze in a piece of a lemon, with a little of the essence of anchovies. When this dish is sent to table as a feature, force-meat balls are served with it ; they are made of minced lobster spawn, crumb of French roll, egg, and mace pounded ; roll it in flour, and serve in the soup.

### CLAM SOUP

Take 40 large or 80 small clams, and wash the shells perfectly clean. Throw them into a kettle of boiling water ; use only water enough to keep the clams from burning ; as soon as the shells open and the liquor runs out, take out the clams and strain the liquor into the soup-kettle. Cut the clams small and put them in the kettle, adding a quart of milk and water each. Add also an onion cut small, some blades of mace, and twelve whole pepper corns. Let it boil fif-

teen minutes, skimming it well ; then add one quarter pound of sweet butter rolled in flour, cover the kettle a few minutes, and serve it hot.

#### CHOWDER.

Fry some slices cut from the fat part of pork, in a deep stewpan, mix sliced onions with a variety of sweet herbs, and lay them on the pork ; bone and cut a fresh cod into thick slices, and place them on the pork, then put a layer of slices of pork, on that a layer of hard biscuit or crackers, then alternately, the pork, fish, and crackers, with the onions and herbs scattered through them till the pan is nearly full ; season pepper, and salt, put in about two quarts of water, cover the stewpan close, and let it stand with fire above and below it four hours ; then skim it well and serve it.

#### OYSTER SOUP.

Get four flounders, or similar portions of any fish, four dozen of large oysters, blanch them slightly, take off the beards and gristle, put the beards and fish into some of your best white stock, and boil all together for several hours ; add four anchovies washed, strain all off, and thicken it with flour and butter ; add one pint of cream, put in your oysters you had taken care of the last thing, just boiling them up in the soup ; having passed it through a tammy, season it with cayenne pepper, salt, and a small piece of sugar.

#### BROTH, FISH.

Set water over the fire in a kettle, according to the quantity of broth to be made, put in the roots of parsley, parsnip, and whole onions, a faggot of sweet herbs, a bunch of parsley, sorrel, and butter ; let the whole be well seasoned ; then put in the bones and carcasses of the fish, the flesh of which you have used for farces ; also the tripes, the tails of cray-fish pounded in a mortar, and four or five spoonfuls of the juice of onions ; let these be well seasoned and boiled, then strained through a sieve, put it back into the kettle, and keep it hot to simmer your soups and boil your fish.

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### VEGETABLE SOUPS.

#### VEGETABLE SOUP.

There are numerous methods of making this soup, the variations depending upon the omission or addition of certain vegetables, and in the mode of serving the soup with them or without them. The following is as simple and as palatable as any :—

Collect whatever vegetables are in season, take equal quantities,

turnips, carrots, cabbage, spinach, celery, parsley, onion, a little mint, &c. ; add plenty of herbs, cut them fine, put them into the stewpan, in which has previously been placed some oil ; stew gently until the vegetables become tender, then add two quarts of boiling water ; stew a quarter of an hour, and serve.

Some cooks advocate the introduction of green or white peas to this soup : where they are used, they must be boiled until tender in very little water, then smashed into a very loose paste ; the vegetables, having been scalded, are then added, and two hours will suffice for stewing ; season it with salt and pepper. Be careful that it does not burn while cooking, or the whole is spoiled.

#### SPINACH SOUP.

Let your spinach be well washed and picked, and boiled very green, strain it off, and rub it through a wire sieve ; add to it bechemel, a piece of butter, half a gill of cream, a little sugar, salt, and pepper.

#### ONION SOUP.

In two quarts of weak mutton broth slice two turnips and as many carrots ; then strain it. Fry six onions cut in slices, when nicely browned add them to the broth ; simmer three hours, skim, and serve.

#### SOUP OF SPANISH ONIONS.

Put in a stewpan with four Spanish onions, four ounces of butter, a head of celery, a large turnip, a quart of white gravy, and stew until the onions are quite tender, then add another quart of gravy and strain. Pulp the vegetables, return them to the soup, and boil for half an hour. Keep constantly stirring ; and immediately previous to serving, thicken with rice flour worked in butter.

#### PEA SOUP.

Boil to a pulp two quarts of peas, strain them, place in a stewpan four ounces of butter, add two anchovies, a table-spoonful of pounded pepper, twice that quantity of salt, a small handful of parsley and mint, a little beet-root and spinach, and stew until tender. Add pulped peas until the soup is of the proper consistency, then throw in a spoonful of loaf sugar, boil up and serve.

#### GREEN PEA SOUP.

Cut down in thin pieces two heads of celery, a good piece of mint, two carrots, two turnips, twelve green onions, a little parsley, and two quarts of peas, two lettuces, a handful of spinach, sweat all down with two quarts of good second stock, and let stew until tender, then

rub all through a tammy; have a few young peas, boiled green, strained off and put in your tureen; if not a good green, add some green coloring from spinach juice to it the last thing before serving up; season with a good bit of sugar, salt, and pepper. Send up fried bread cut in dice, as before.

#### PEPPER POT.

Put in a stewpan three quarts of water, to this add celery, turnips, carrots, lettuces, cut small, also add the bones of cold roast meat of any description, half a pound of bacon, and the same weight of salted pork; stew gently until the meat is tender, taking care to skim when it first boils.

Boil half a peck of spinnach and rub it through a colander, take the bones out of the soup and add the spinach, with it the meat of a lobster or crab minced, season with plenty of cayenne pepper, and salt to taste. Suet dumplings may be boiled with it, or a fowl, but this is matter of taste. Mutton or beef may be substituted for bacon or pork; this will be obvious when it is understood that a pepper pot is presumed to consist of an equal proportion of flesh, fish, fowl, and vegetables.

#### POTATO SOUP.

Put into a stewpan three pints of white stock, take six large mealy potatoes, boil them until they are nearly done, cut them in slices until they are sufficiently tender to pulp through a sieve, with an onion boiled soft enough for the same purpose. Thicken with flour and butter, and season with white pepper, cayenne and salt. To enhance the flavor cream should be added, half a tea-cup full, previous to serving, but must not be permitted to boil after adding.

#### RICE SOUP.

Steep some fine rice in cold water for an hour, say four ounces, then boil it, add three quarts of gravy, a pinch of cayenne, a little salt, and boil five minutes.

#### SOUP MAIZE.

Melt half a pound of butter in a stewpan, and add four heads of celery, the outside stalks, if well cleaned, will be of service; slice five onions, and throw in with twenty or thirty sprigs of spinach; cut up four turnips, and add sweet herbs and parsley; simmer for three quarters of an hour, then pour in five pints of water, stew for half an hour, and serve with sippets of toasted bread.

#### SPRING SOUP.

Use for this soup the same roots, cut differently, as saute, with the



addition, if to be had, of spinach, cabbage-lettuce, a very little sorrel, as it turns acid on the stomach, all cut rather small, tarragon, chervil, green asparagus, young peas, and cucumbers; cut the asparagus about one inch long, cut the tarragon and chervil a little, and a few French beans cut, use your consomme stock as before, boil all your green parts particularly green in water a few minutes, leaving them to be sufficiently done in your stock; if you have a cauliflower boiled, pick a few small pieces, and put in the soup tureen; the boiling soup when poured in will make it hot; season as before.

#### SPRING SOUP.

Is made as Soup à l'Italienne, with the addition of lettuce and chervil, and instead of cutting the vegetables in shreds, cut them in dice.

#### TOMATO SOUP.

Slice two onions, and fry them in butter until brown, then remove them, and fry two dozen tomatoes just sufficient to heat them through, and put them into a stewpan with their gravy and the onions, adding a head of celery and a carrot sliced; stew gently for half an hour; add three pints of gravy, stew an hour and a half, pulp the whole of the vegetables through a sieve, season with white pepper, salt, and cayenne, serve with sippets of toasted bread cut in shapes.

#### TURNIP SOUP.

This soup should be made the day before required. Stew a knuckle of veal with an onion, sweet herbs, and a little mace, in six quarts of water; cover down close, and stew gently five or six hours; let it be put in a cool place. Before warming, remove the fat and sediment, slice six turnips into small pieces, stew them in the gravy until tender, then add half a pint of cream, flour, and butter, and season with white pepper.

#### PUREE OF TURNIP SOUP.

Get a bunch of turnips, pare them and cut them in thin slices, one head of white celery, one onion, fill up your stewpan with good second white stock, boil them until quite tender, then pass it all through a lammy by rubbing it with wooden spoons, or a tammy sieve, season with sugar, cayenne and salt. Send up fried bread, as for former soups; add half a pint of cream the last thing.

#### CHEAP SOUP.

1. Soak a quart of split peas for a day in cold water, and then put



them into a boiler with two gallons and a-half of water, and two pounds of cold boiled potatoes, well bruised, a fagot of herbs, salt, pepper, and two onions sliced. Cover it very close, and boil very gently for five hours, or until only two gallons of soup remain.

2. Take two pounds of shin beef, a quarter of a pound of barley, two cents worth of parsley, two onions sliced, salt and pepper to taste, and having cut the meat into dice, and broken the bone, place in a gallon pot and fill up with water; boil very gently for five hours. Potatoes, celery tops, cabbage, or any vegetable left from the day before may be added.

#### CABBAGE SOUP

Take four or six pounds of beef, boil with it some black pepper whole for three hours, cut three or four cabbages in quarters, let them boil until they are quite tender, then turn them into a dish, and serve all together.

#### CARROT SOUP.

Take a proportionate number of carrots to the quantity of soup to be made—if a small quantity, six will do; they should be large, and of a rich color; cut them after being thoroughly scraped into thin slices, stew them in some rich stock, say two quarts, until they are tender through, then force them through a seive or tammy with a wooden spoon, until a red pulp is deposited, reboil it with the stock until it is rich and thick, and season with grated white sugar, cayenne pepper and salt.

#### CELERY SOUP.

Stew fine white celery cut into small slips in gravy, then boil it in good gravy.

#### HERB SOUP.

Slice three large but young cucumbers, a handful of spring onions, and six lettuces; cut the last small. Put into a stewpan eight ounces of butter, and with it the above vegetables; when the butter has melted, cover, and let it stand over a slow fire an hour and twenty minutes. Add as much stock as may be required for the quantity of soup intended to be served; let it boil and simmer for an hour, then thicken with flour and butter, or three table-spoonfuls of cream. If desired to be colored, use spinach juice.

#### HOTCH-POTCH,

Put a pint of peas into a quart of water, and boil them until they are so tender as easily to be pulped through a seive. Take of the leanest end of a loin of mutton three pounds, cut it into chops, put it

into a saucepan with a gallon of water, four carrots, four turnips cut in small pieces, and season with pepper and salt. Boil until all the vegetables are quite tender, put in the pulped peas a head of celery and an onions sliced; boil fifteen minutes, and serve.

#### GUMBO SOUP.

Cut up a chicken or any fowl as if to fry, and break the bones; lay it in a pot with just enough butter to brown it a little; when browned pour as much water to it as will make soup for four or five persons; a thin slice of lean bacon, an onion cut fine, and some parsley should also be added. Stew gently for five or six hours; about twenty minutes before it is to be served make a thickening by mixing a heaping table-spoonful of sassafras leaves, pounded fine, in some of the soup, and adding it to the rest of the soup. If the chickens are small, two will be wanted, but one large fowl is sufficient.

#### OCHRA SOUP.

Boil a leg of veal with about four dozen ochras, an hour; then add six tomatoes, six small onions, one green pepper, a bunch of thyme and parsley, and let it boil seven or eight hours. Season it with salt, and red pepper to suit your taste, and if agreeable, add a piece of salt pork which has been previously boiled.

#### OCHRA GUMBO SOUP.

Heat a large spoonful of lard or butter. Stir into it, while hot, a half a table spoonful of flour. To this add a small bunch of parsley, a large onion, with plenty of ochra, all chopped up very fine. Let it fry till it is quite brown; then add a common-sized fowl cut up in little pieces, and let all fry together until quite cooked. Pour in about three quarts of hot water, and let it boil until reduced one-half.

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## S A U C E S .

#### OBSERVATIONS,

Few things require more care than making sauces. As most of them should be stirred constantly, the whole attention ought to be directed to them. The better way is to prepare the sauces before cooking those articles which demand equal care, for they may be

kept hot in the bainmarie. Butter, and those sauces containing eggs ought never to boil. The thickest stewpans should be used for making sauces, and wooden spoons used for stirring them.

#### APPLE SAUCE.

Pare, core, and slice some apples, put them with a little water into the saucepan to prevent them from burning, and add a little lemon peel; when sufficiently done, take out the latter, bruise the apples, put in a bit of butter, and sweeten it.

#### BREAD SAUCE.

Cut in slices the crumb of a French roll, to which add a few peppercorns, one whole onion, a little salt, and boiling milk enough to cover it; let it simmer gently by the side of the fire till the bread soaks up the milk, then add a little thick cream, take out the onion, and rub the whole through a sieve, make it very hot, and serve with game or fowls.

#### LOBSTER SAUCE.

Pound the coral, pour upon it two spoonfuls of gravy, strain it into some melted butter, then put in the meat of the lobster, give it all one boil, and add the squeeze of a lemon; you may, if you please, add two anchovies pounded.

#### MINT SAUCE.

Take some nice fresh mint, chop it very small, and mix it with vinegar and sugar.

#### MUSTARD SAUCE.

Put two glasses of stock, shalots shred small, salt and pepper, into a saucepan, let them boil for half an hour, then add a tea-spoonful of mustard, stir it in well, and use it when required.

#### ONION SAUCE.

The onions must be peeled, and boiled till they are tender, then squeeze the water from them, chop them, and add butter that has been melted, rich and smooth, with a little good milk instead of water; give it one boil, serve it with boiled rabbits, patridges, scrag or knuckle of veal, or roast mutton. a turnip boiled with the onions draws out the strength.

#### OYSTER SAUCE.

In opening the oyster, save the liquor, and boil it with the beards, a bit of mace, and lemon peel; in the meantime throw the oysters into cold water, and drain it off; strain the liquor, and put it into a

saucepan with the oysters just drained from the cold water, with sufficient quantity of butter, mixed with as much milk as will make enough sauce, but first rub a little flour with it; set them over the fire, and stir all the while, and when the butter has boiled a few times, take them off, and keep them close to the fire, but not upon it, for if too much done, the oysters will become hard; add a squeeze of lemon juice, and serve; a little is a great improvement.

#### PARSLEY SAUCE.

Take a handful of parsley, and having washed and picked it, pound it well, and put it into a stewpan with some good cullis, set it on the fire, and let it simmer a quarter of an hour, then strain; add a bit of butter rolled in flour, a liason, and a little lemon juice.

#### SALAD SAUCE.

Rub the yolks of three hard-boiled eggs into a basin, add to it a table-spoonful of made mustard, then add three table-spoonfuls of salad oil, mixing it in smooth; add white pepper, cayenne, salt, dust of sugar, five spoonfuls of thick bechemel, a table-spoonful of tarragon vinegar, the same of Chili vinegar, and two spoonfuls of common vinegar; mix all well together with half a gill of cream. If this sauce is required for fish-salads, add a few drops of essence of anchovies, and sprinkle over the sauce a little fine-chopped parsley the last thing.

#### SAUCE HARVEY.

Chop twelve anchovies, bones and all, very small, with one ounce of cayenne pepper, six spoonfuls of soy, six ditto of good walnut pickle, three heads of garlic chopped not very small, a quarter of an ounce of cochineal, two heads of shalots chopped rather large, and one gallon of vinegar; let it stand fourteen days, stir it well twice or thrice every day, then pass it through a jelly bag, and repeat this till it is quite clear; then bottle it, and tie a bladder over the cork.

#### SAUCE MINCED.

Put into a saucepan, parsley, shalots, champignons, of each a spoonful shred, half a glass of vinegar, and a little pepper; set these on the fire till there remains scarcely any vinegar, then add four laddlefuls of espagnole, and the same of stock; reduce and take the fat from the sauce. When done put in a spoonful of capers, two gherkins shred, pour it into another saucepan, and set it in the bain marie; just before it is sent to table, pound an anchovy or two with a little butter, which beat up with the sauce.

#### HERBS, FINE SAUCE OF.

Work up a piece of butter in some flour, melt it, and then put to

it the following herbs :—shred parsley, scallions, tarragon, borage, garden cress, chervil ; boil them all together for about a quarter of an hour, add a glass of stock, and serve it very hot.

#### HORSERADISH SAUCE, HOT.

Slice two onions, and fry them in oil, and when they begin to color, put them in a saucepan with a glass of white wine, the same of broth, two slices of lemon peeled, two cloves of garlic, a bay leaf, thyme, basil, and two cloves, boil these a quarter of an hour, and then strain it ; add capers and an anchovy chopped, pepper, salt, and a spoonful of horseradish boiled to a pulp, and warm the whole without boiling.

#### HORSERADISH SAUCE, COLD.

Chop up some parsley, chervil, shalots, a clove of garlic, capers, and anchovies ; to those add a spoonful of horseradish scraped very fine, a spoonful of oil, vinegar, pepper and salt.

#### LAMB SAUCE.

Roll a piece of butter in bread crumbs, shred parsley, and shalots, and boil it in a little stock and white wine, equal quantities ; a few minutes are sufficient, squeeze in a little lemon or orange juice.

#### LEMON SAUCE, WHITE, FOR BOILED FOWLS.

Put the peel of a small lemon cut very thin into a pint of sweet rich cream, with a sprig of lemon thyme, and ten white peppercorns. Simmer it gently till it tastes well of the lemon, then strain it, and thicken it with a quarter of a pound of butter rubbed in a dessert-spoonful of flour, and boil it up ; after this, pour the juice of the lemon strained into it, stirring well ; then dish the fowls, and mix a little white gravy quite hot with the cream, but do not boil them together ; add salt according to taste.

#### LIVER SAUCE.

Take the livers of poultry or game, chop them very small with parsley, scallions, tarragon leaves, and shalots ; soak them in a little butter over the fire, and then pound them, adding cullis stock, pepper and salt. Give the whole a boil with two glasses of red wine, coriander, cinnamon, and sugar, then reduce and strain it, thicken with a bit of butter rolled in flour, and serve it in a sauce-boat.

#### LIVER AND PARSLEY SAUCE.

Wash the liver of a fowl or rabbit, which should be quite fresh, and boil it for ten minutes in five tea-spoonfuls of water, chop it fine, pound it or bruise it in a small quantity of the liquor it was boiled in, and rub it through a hair sieve ; wash about one third its bulk of



parsley leaves, boil them in a little boiling water with a little salt in it, lay it on a sieve to drain, and chop it very fine, then mix it with the liver, and put to it a quarter of a pint of melted butter, and warm it up, but do not let it boil.

#### OYSTER SAUCE FOR ENTREES.

Blanch the oysters in their own liquor, then make a white roux, to which add a few small onions, mushrooms, parsley, and scallions; moisten with some of the oyster liquor, and a ladleful or two of consommé, set it on a brisk fire, and when reduced, add a pint of cream, season it, let the sauce be tolerably thick, strain it through a sieve, put in the oysters, and use it with those articles where it is required, such as fowl, turkey, and chicken; if served with fish, essence of anchovies must be added to the above ingredients.

#### SUPERIOR SAUCE FOR PLUM PUDDING.

Mix six yolks of eggs with four spoonfuls of sifted sugar and butter mixed together; have a pint of boiling cream, which you will mix with your yolks, afterwards put it on the fire, and stir it until it is of the consistency of sauce, then add to it a good wine-glass of brandy.

#### TOMATO SAUCE.

Obtain fresh tomatoes, and take out the stalk, press them all tightly down in a stewpan, cover them, put them on the fire, strain off the liquor that is drawn from them, and add to the tomatoes a slice of raw ham, two shalots, a few spoonfuls of good stock, let it stew for an hour, then rub it through a tammy sieve. Have in another stewpan a little good brown sauce, put your tomatoes into it, boil all together, season with cayenne, salt, sugar, and lemon juice.

#### SAUCE ITALIENNE.

Put some lemon thyme, parsley, and mushrooms, shred small and fine, into a stewpan, with a little butter and a clove of garlic, set it on a moderate fire, and as soon as the butter begins to fry, pour in a little consommé, and let it stew till pretty thick, then take out the garlic, and add some butter sauce and a little lemon juice.

#### SAUCE, SWEET.

Put some cinnamon into a saucepan with as much water as will cover it, set it on the fire, and when it has boiled up once or twice, add two spoonfuls of pounded sugar, a quarter of a pint of white wine, and two bay leaves, give the whole one boil, and then strain it for table.

#### SAUCE, UNIVERSAL.

Take half a dozen split shalots, a clove of garlic, two bay leaves,

basil, thyme, truffles, tarragon leaves, half an ounce of bruised mustard seed, some Seville 'orange peel, a quarter of an ounce of cloves, the same of mace, double the quantity of long pepper, and two ounces of salt; put all these ingredients to infuse in the juice of a lemon, half a glass of verjuice, four or five spoonfuls of vinegar, and a pint of white wine, put them into a jar, cover it as closely as possible, set it on hot ashes for twenty-four hours, at the end of that time let it stand to settle, and when clear, pour it off, strain, and bottle it.

#### SAUCE, WHITE.

Beat up a quarter of a pound of butter and a tea-spoonful of flour, season with salt and pepper; when well worked up, add a desert-spoonful of vinegar, and a little water, set these on the fire, and stir it till thick, but be careful not to let it boil.

#### TOMATO SAUCE FRANÇAISE.

Cut ten tomatoes into quarters, and put them into a saucepan with four onions sliced, a little parsley, thyme, one clove, and a quarter of a pound of butter; set the saucepan on the fire, stirring occasionally, for three-quarters of an hour; strain the sauce through a horse-hair sieve, and serve with the directed articles.

#### TOMATO SAUCE A L'ITALIENNE.

Take five or six ounces, slice and put them into a saucepan with a little thyme, bay leaf, twelve tomatoes, a bit of butter, salt, half a dozen allspice, a little Indian saffron, and a glass of stock; set them on the fire, taking care to stir it frequently, as it is apt to stick; when you perceive the sauce is thick, strain it like a puree.

#### VENISON SAUCE.

Serve with venison, currant jelly by itself, or warmed with port wine, or port wine warmed by itself.

#### WALNUT KETCHUP FOR FISH SAUCE.

Take a quart of walnut pickle, add to it a quarter of a pound of anchovies, and three quarters of a pint of red wine, and let it boil till reduced to one third, then strain it, and when cold, put it into small bottles and keep them closely corked.

#### WINE MADEIRA SAUCE.

Take a tea-spoonful of flour, and a preserved green lemon cut into dice, mix them with a glass of Madeira wine, and a little consomme, ounce of butter, some salt and nutmeg, set them on to boil for a quarter of an hour, then take it off, put in a quarter of a pound of qu er, set it on the fire, stirring it until the butter is melted.

## SAUCE, BROWN.

Take a pound or two of beefsteaks, two or three pounds of veal, some pickings of fowls, carrots, and onions, put all these into a saucepan with a glass of water, and set it on a brisk fire ; when very little moisture remains, put it on a slow fire, that the jelly may take color without burning, and as soon as it is brown, moisten it with stock or water, add a bunch of green onions, two bay leaves, and two cloves, salt it well, and set it on the fire for three hours then strain ; dilute a little roux with your liquor, and let it boil an hour over a gentle fire, then take off all the fat and strain it through a bolting-cloth.

## CAPER SAUCE FOR FISH.

Take some melted butter, into which throw a small bit of glaze, and when the sauce is in a state of readiness, throw into it some choice capers, salt, and pepper, and a spoonful of essence of anchovies.

## CAPER SAUCE, TO IMITATE.

Boil some parsley very slowly to let it become of a bad color, then cut it up, but not fine, put it into melted butter, with a tea-spoonful of salt, and a dessert spoonful of vinegar ; boil up and then serve.

## CALVES' BRAINS, WITH DIFFERENT SAUCES.

Brains braised in wine and broth may be used with what sauces or ragout you please ; such as fat livers, pigeons, sausages, onions, capers, fried bread. They take their name from the material with which they are mixed.

## CELERY SAUCE.

Cut three heads of fine white celery into two-inch lengths, keep them so, or shred them down as straws, then boil them a few minutes, strain them, return them into the stewpan, and put either some brown or white stock, and boil it until tender ; if too much liquor, reduce it by boiling ; then add either white or brown sauce to it, season it with sugar, cayenne pepper, and salt.

## CHERVIL SAUCE.

Put a few mushrooms, parsley, chervils, shalots, two cloves, a bay leaf, and a few tarragon leaves, into some melted butter ; let them soak for some time, then add a little broth, white wine, pepper, salt, then reduce it to a proper thickness, but do not skim it : when done, put in some chervil scalded and chopped ; warm it all up together.

## COD SAUCE.

Take a bunch of parsley, chervil, two shalots, two cloves, a bay leaf, some mushrooms, and a bit of butter, soak all together on the

fire, adding a small spoonful of flour, and milk or cream sufficient to boil to the consistence of a sauce ; also add to it some chopped parsley, first scalded.

#### CUCUMBER SAUCE.

Take two large cucumbers, pare them very carefully, and then cut them into lengths of about two inches round the ends, having done so, cut each length into four pieces, the seeds should be taken out, have a basin of vinegar and water ready, also pepper and salt ; as you cut them, put them into the basin, let them lie a quarter of an hour, take them out, put them into a stewpan with one onion, and a little brown stock ; boil it all until nearly dry, then put a few spoonfuls of brown sauce to it, the juice of a lemon, a tea-spoonful of vinegar, a little sugar, pepper, and salt ; if for fine white sauce, add a gill of cream.

#### DUTCH SAUCE.

Place in a stewpan some scraped horse-radish, a sprig of thyme, a small onion, and two shallots, with sufficient vinegar to extract the essence of them : keep the lid on the stewpan while steeping. Have in another stewpan two yolks of raw eggs, with about two ounces of butter, and two table-spoonfuls of plain melted butter ; when all the roots are well run down, throw them into the other stewpan, put it on the fire, and stir till hot, but do not let it boil, then pass it through a tammy, and serve up, or pour over your fish, or whatever it may be required for.

#### EGG SAUCE.

Boil three eggs hard, cut them in small squares, and mix them in good butter sauce ; make it very hot, and squeeze in some lemon juice before you serve it.

#### FRESH PORK SAUCE.

Cut two or three good sized onions into slices, and fry them lightly, then add a little broth, a few mushrooms chopped, a clove of garlic, vinegar, and spice ; let it boil half an hour, reduce to a proper consistency, then skim and strain it.

#### GARLIC SAUCE.

Three or four garlicks, divided, and boiled in a little white vinegar and white stock, with a small piece of lean ham ; when reduced, strain it off, and add either white or brown sauce to the liquor ; season with salt, pepper, and sugar ; but leave out the vinegar.

#### CRANBERRY SAUCE.

A quart of cranberries are washed and stewed with sufficient water

to cover them ; when they burst mix with them a pound of brown sugar and stir them well. Before you take them from the fire, all the berries should have burst. They will be jellied when cold.

#### TO STEW CRANBERRIES.

To a pound of cranberries allow a pound of sugar ; dissolve the sugar in a very little water, boil it for ten minutes, and skim it well ; put them with the sugar and boil them slowly till they are quite soft.

#### BAKED APPLE SAUCE.

Put a table-spoonful of water into a basin, and fill it with apples, pared, quartered, and cored : put them into a moderate oven, until they are reduced to a pulp ; beat them with a wooden spoon, adding a little sugar, and fresh butter.

#### STEWED APPLE SAUCE.

Pare and core some apples, put them into a preserve-pot, cover, and set it in a saucepan of water, to boil ; when soft, mix them with some butter, and sweeten with brown sugar.

#### FORCEMEAT INGREDIENTS.

Forcemeat should be made to cut with a knife, but not dry or heavy, no one flavor should predominate ; according to what it is wanted for a choice may be made from the following list :—Be careful to use the least of those articles that are most pungent : cold fowl, veal, or ham, scraped fat bacon, beef suet, crumbs of bread, parsley, white pepper, salt, nutmeg, yolks and whites of eggs beaten to bind the mixture, which makes excellent forcemeat. Any of the following articles may be used to alter the taste :—oysters, anchovies, tarragon, savory, pennyroyal, marjoram, thyme, basil, yolks of hard eggs, cayenne, garlic, shalots, endives, pepper in powder, or two or three cloves.

#### FORCEMEATS, ETC.

Cold fowl, veal, or mutton.  
Scraped ham, or gammon.  
Fat bacon, or fat ham.  
Beef suet.  
Veal suet.  
Butter.  
Marrow.  
Soaked bread, and crumbs of bread.  
Parsley and white pepper.  
Salt and nutmeg.

Lobster, tarragon.  
Savoy, pennyroyal.  
Knotted marjoram.  
Thyme and lemon thyme.  
Basil and sage.  
Lemon peel.  
Yolks of eggs.  
Whites and yolks of eggs.  
Mace and cloves.  
Cayenne and garlic.  
Shalot and onion.



Cold soles.  
Oysters.  
Anchovies.

Chives and chervil.  
Ground pepper and two or  
three cloves.

#### BROWN COLORING FOR MADE DISHES.

Take four ounces of sugar, beat it fine, put it into an iron frying-pan or earthen pipkin, set it over a clear fire, and when the sugar is melted it will be frothy, put it higher from the fire until it is a fine brown, keep it stirring all the time; fill the pan up with red wine, and take care that it does not boil over; add a little salt and lemon, put a little cloves and mace, a shalot or two, boil it gently for ten minutes, pour it in a basin till it is cold, then bottle it for use.

#### MUSHROOM WHITE SAUCE.

Have ready some cream sauce rather thinner than usual, to this put a few small white mushrooms, reduce it to the proper consistence, and it is then ready.

#### ANCHOVY SAUCE.

To about half a pint of melted butter put two table-spoonfulls of good essence of anchovies, with the juice of half a lemon. Serve very hot.

## SALT AND FRESH WATER FISH.

#### OBSERVATIONS ON CLEANING AND DRESSING FISH.

Before dressing fish of any kind, great care should be taken that it is well washed and cleansed, but be cautious not to wash it too much, as the flavor is much diminished by too much water. When boiling fish, put a little salt and a little vinegar into the water to give it firmness. Be careful to let fish be well done, but not to let it break. When very fresh, cod and whiting are very much improved by keeping a day, and rubbing a little salt down the back-bone. Fresh-water fish often have a muddy smell and taste, which is easily got rid of by soaking it. After it has been thoroughly cleansed in strong salt and water, if the fish is not too large, scald it in the same, then dry and dress it.

Put the fish in cold water, and let it boil very gently, or the outside will break before the inside is warm. Put all crimped fish into boiling water, and when it boils up, some cold water should be put into it to check it, and keep it simmering. All fish should be taken out of the water the instant it is done, or it will become woolly. To as-

certain when it is done, the fish-plate may be drawn up, and, if done, the meal will leave the bone. To keep it hot, and to prevent it losing its color, the fish-plate should be placed across the fish-kettle, and a clean cloth put over the fish.

Small fish may be nicely fried plain, or done with egg and bread crumbs, and then fried. On the dish on which the fish is to be served should be placed damask napkin, folded, and upon this put the fish, with the roe and liver; then garnish the dish with horse-radish, parsley, and lemon.

To broil or fry fish nicely, after it is well washed, it should be put in a cloth, and when dry, wetted with egg and bread crumbs. It will be much improved by being wetted with egg and crumbs a second time. Then have your pan ready with plenty of boiling dripping or lard, put your fish into it, and let it fry rather quickly till it is of a nice brown and appears done. If it is done before being nicely browned, it should be taken from the pan, and placed on a sieve before the fire to drain and brown. If wanted very nice, put a sheet of cap paper to receive the fish. Should you fry your fish in oil, it obtains a much finer color than when done in lard or dripping. Never use butter, as it makes the fish a bad color. Garnish your dish with green or fried parsley.

In broiling fish, be careful that your gridiron is clean; place it on the fire, and when hot rub it over with suet, to hinder the fish from sticking. The fish must be floured and seasoned before broiling. It must be broiled over a clear fire only, and great care must be taken that it does not burn or become smoky.

Broiled fish for breakfast should always be skinned, buttered, and peppered.

Fish are boiled, fried, broiled, baked, stewed, in fact cooked in every imaginable fashion; those named are the chief methods. In every kind the greatest attention and cleanliness must be exercised. A broken, disfigured, abraded, or ill-cooked dish of fish presented at table, is quite sufficient to destroy the taste for it for ever; on the contrary, when neatly done, it heightens the relish which every one possesses more or less, and imparts an appetite where one may be wanting, while the cook is held in grateful remembrance.

### TO CHOOSE FISH.

Salmon. The fish stiff, the scales very bright, the belly thick, the gills a brilliant color, and the flesh when cut a beautiful red, will prove it to be a fine fresh fish. It cannot be too fresh.

Cod. The best fish are thick at the neck, very red gills, firm white flesh, bright, and blood-shot eyes, and small head.

Herrings. Very red gills, blood-shot eyes, very bright scales, and the fish stiff, shows them to be good and fresh.

Flounders may be chosen as above.

**Mackerel.** Bright eyes, thick bodies, the prismatic colors very predominant on the belly, denote freshness and goodness.

**Pike, &c.,** may be judged by the above rules.

**Eels.** The silver eel, is the best ; the bright-hued belly and thickness of back are the guides in selection.

## SHELL FISH.

**Lobsters.** To be had in perfection should be boiled at home ; choose the heaviest. When they are boiled the tail should have a good spring ; the cock lobster has a narrow tail in which the two uppermost fins are stiff and hard ; the hen has a broad tail, and these fins are softer. The male has the best flavor ; the flesh is firmer, and the color when broiled is brighter than the hen.

**Crabs,** like lobsters, should be selected by weight ; when prime, the leg-joints are stiff and the scent pleasant.

**Shrimps** should be bright and the bodies firm and stiff ; when limp and soft they are stale.

**Oysters.** There are many sorts of oysters ; when the oyster is alive the shell will close upon the knife ; the common oyster should be used for sauce, and the others, of which there are several kinds, should be sent to table.

## A FEW CHOICE DISHES FOR TOP REMOVES,\* ENTREES, SALADS, ETC., COLD.

Plai and crimp cod.

Smelts fried.

Broiled mackerel and fennel sauce.

Boiled mackerel and fennel sauce.

Fried flounders and shrimp sauce.

Boiled flounders and anchovy sauce.

Pike boiled and stuffed, and anchovy sauce.

Pike baked and stuffed, and anchovy sauce.

Salmon boiled and broiled, and lobster sauce.

Salmon with capers.

Salmon cutlets.

Salmon in papers

Salmon in quenelles.

Salmon in curry.

Fillets of mackerel, maitre d'hotel.

Slices of cod with capers.

Slices of cod with oyster sauce.

Slices of cod with curry.

Eels stewed and fried.

## COD, BOILED.

The thickness of this fish being very unequal, the head and shoulders greatly preponderating, it is seldom boiled whole, because, in a

large fish, the tail, from its thinness in comparison to the upper part of the fish, would be very much overdone. Whenever it is boiled whole, a small fish should be selected. Tie up the head and shoulders well, place it in the kettle with enough cold water to completely cover it; cast in a handful of salt. The fish, if a small one, will be cooked in twenty minutes after it has boiled; if large, it will take half an hour.

When done enough, drain it clear of the scum, and remove the string; send it to table garnished with the liver, the smelt, and the roe of the fish, scraped horseradish, lemon sliced, and sprigs of parsley.

The garnish sometimes consists of oysters fried, or small fish fried, or whittings: this is at the option of the cook.

Anchovy or oyster sauce is served with it.

The tail, when separated from the body of the fish, may be cooked in a variety of fashions. Some salt rubbed into it, and hanging it two days, will render it exceedingly good when cooked. It may be spread open and thoroughly salted, or it may be cut into fillets, and fried.

If the cod is cooked when very fresh, some salt should be rubbed down the back and the bone before boiling; it much improves the flavor; or, if hung for a day, the eyes of the fish should be removed, and salt filled in the vacancies. It will be found to give firmness to the fish, and add to the richness of the flavor.

#### COD SCALLOPED.

Take enough cold dressed cod to nearly fill all the shells you purpose using, pound it, beat up the yolk of an egg and pour over it, add a few shrimps skinned, salt, pepper, and a little butter; do not quite fill the shells, strew over them fine bread crumbs, and drop butter in a liquid state over them. Brown them before the fire in a Dutch oven.

#### TAIL OF A COD.

Boil as previously directed, and when sufficiently done, that the meat may be easily removed from the bones, divide it into moderate sized pieces, and in a light batter fry them brown. Send up crisped parsley with it as a garnish.

It is sometimes cooked plainly with oyster sauce.

#### BAKED COD.

Cut a large fine piece out of the middle of the fish, and skin it carefully; stuff it with a stuffing composed of the yolks of two eggs boiled hard, the roe half-boiled, bread crumbs, grated lemon-peel, butter, pepper, and salt to taste. Blind it with the undressed white of an egg, and sew in the stuffing with white thread, bake it in a Dutch

oven before the fire, turn it frequently, and baste it with butter ; serve with shrimp sauce, plain butter, or oyster sauce. A tin baking-dish is preferable to any other for cooking this fish.

#### COD'S HEAD.

Secure it well with strong string, not too thick ; put it into a fish-kettle, cover it with water, and put in a small handful of salt, a wine-glassful of vinegar, and a quantity of scraped horseradish. Place the fish upon a drainer, and when the water boils, put it into the kettle. Boil gently ; when the fire rises to the surface, it is enough ; drain it, and be very particular in sliding the fish into the fish-plate that it is not broken. Garnish with scraped horseradish and lemon. Serve with shrimp and oyster sauce.

#### COD FISH PIE.

Take a piece from the middle of a good sized fish, salt it well all night, then wash it, and season with salt, pepper, and a few grains of nutmeg, a little chopped parsley and some oysters, put all in your dish, with pieces of butter on the fish ; add a cup of good second white stock and cream ; cover it with a good crust, adding a little lemon juice in the gravy.

#### CURRY OF COD.

This is a firm fish if good ; when cold, you can separate the flakes, and proceed as before, adding two dozen of large oysters to your fish.

#### SALT COD.

There are a variety of opinions upon the method of dressing this dish, many laboring so hard with soaking and brushing, to produce tenderness, and accomplishing that one end at the expense of the flavor. It is doubtless an essential point to remove the dry unwholesome hardness of the fish, but it is equally essential to retain the flavor, and experience has taught the author that the following process is the most successful of any he has hitherto attempted :—

Soak the fish for eight hours in clean cold water (not spring water,) let the water have enough vinegar in it to impregnate it with a slight flavor and no more after soaking the above time, take it out and let it drain three or four hours, then put it in soak again for four hours ; when this has been done, place it in a fish-kettle with plenty of cold soft water, let it come to a boil very slowly, place it on the side of the fire, and it will cook gradually until enough. Serve with parsnips and egg sauce.

#### ANOTHER WAY.

Wash and soak the fish, lay it twelve hours in water in which two



wine-glasses of vinegar have been poured, put the fish in cold water in the fish-kettle, bring it gradually to a boil, and then boil slowly until enough ; take it out, drain it, break it into flakes upon a dish, beat up boiled parsnips and pour over it, boil up with cream and a good sized piece of butter rubbed in flour. Serve with egg or parsnip sauce ; if the latter, send the root up whole.

#### CURRIED COD.

Cut some handsome steaks of cod, slice a number of onions, and fry both a good brown color, stew the fish in white gravy, add a large tea-spoonful of curry powder, a third that quantity of cayenne pepper, thicken with three spoonfuls of cream, a little butter, a pinch of salt, and a little flour.

#### COD FRICASEED.

Take the sounds, scald them and cut them into small pieces, if they have been dried, boil them until they are tender, take some roes and the liver, blanch the roes, cut them into pieces an inch thick, and an equal quantity of the liver, boil for the middle of a fine piece of cod, put them into a stewpan, season with grated nutmeg, a little pounded mace, an onion, a few sweet herbs, a sprinkle of salt, and add half a pint of boiling water (fish broth is better if convenient,) cover down close, stew for seven or eight minutes, then add four glasses of port, six oysters with the liquor strained, and a piece of butter floured ; stew gently, shaking the pan round occasionally until they are done enough, remove the onion and the herbs, dish up, garnish with lemon, and serve.

#### COD SOUNDS, RAGOUT.

The sounds should not be much soaked, but thoroughly cleaned, simmer them for a short time, broil them, having first floured them ; when they are just tender, stew them in white gravy which has been well seasoned, add a little cream, a bit of butter, a spoonful of flour, give it a boil, flavor with nutmeg, a small piece of lemon peel, a dash of pounded mace, and serve.

#### SLICES OF COD.

Three slices make a small dish ; put them in a baking-dish, cover them over with some good second stock, a little essence of anchovies ; when done, thicken the stock, and pass it through a tammy, pour it over your fish, season with cayenne pepper, and salt, and lemon juice ; if for capers, add them ; if for maitre d'hotel, add cream and parsley chopped fine.

#### COD SOUNDS, BOILED.

If boiled they should first be soaked in warm water, or scalded in

hot water ; the latter is the quickest, the former is the surest method ; they should soak half an hour if put into warm water, the dirty skin should be removed, and when thoroughly cleaned, boiled in equal parts of milk and water until tender. They should be sent to table with egg sauce.

#### CRIMPED COD.

Cut the cod, which should be quite fresh, in handsome slices, and lay it for about three hours in spring water salted, adding a little vinegar, say one wine-glassful ; make a fish kettle more than three parts full of spring water, in which a large handful of salt has been thrown, let it boil quickly, put in the cod, and keep it boiling for ten minutes, it will then be done enough ; take up the slices of fish, garnish with sprigs of parsley, sliced lemon, and horseradish scraped into curls ; serve with shrimp and oyster sauce.

#### STEWED COD.

Cut some of the finest pieces from the thickest part of the fish, place them in a stewpan with a lump of butter the size of a walnut, or larger, three or four blades of mace, bread crumbs, pepper, salt, a small bunch of sweet herbs, and some oysters, with a little of their own liquor. When nearly done, add a large wine-glass of sherry, and stew gently until enough.

#### HERRINGS.

Herrings are dressed in a variety of fashions ; they are fried, boiled, broiled, potted, baked, smoked, pickled.

There are three sorts of herrings, fresh, salted, and red herrings ; they are cleaned like any other sort of fish. When fresh, they are boiled, and served with melted butter, white sauce, &c. The salted herring should be soaked in cold water before it is cooked, this is broiled, but sometimes it is cut in pieces and eaten raw. The red herring is split down the back, the head and tail taken off, and the fish broiled like the others ; they may be also dressed in the following manner : when they have laid in cold water some time, soak them in milk for two hours, then split them down the back, have ready some melted butter in which has been mixed basil and bay leaf minced small, the yolks of two eggs, pepper, and nutmeg, rub the herrings well with this butter, then broil them over a gentle fire, and serve with lemon juice. The best red herrings are full of roe, are firm and large, and have a yellow cast ; if the fresh herrings are good the scales are bright, the eye is full, the gill red, and the fish should be stiff.

#### FRESH HERRINGS BAKED.

Wash the herrings in clear spring water, and when they are

thoroughly clean, drain them, and then, without wiping them, lay them in a dish or baking-pan ; pepper and salt them, chop finely two or three onions, some parsley, thyme, and strew over them ; cover them in equal proportions of vinegar and small beer ; tie them over, and let them bake one hour in a slow oven. They should be kept in the pickle, and make a pleasant dish when cold.

#### FRESH HERRINGS BOILED.

Clean them, wash them over with vinegar, fasten the heads to the tails, and put them in boiling water ; they will take from ten to twelve minutes. Garnish with parsley, and serve melted butter, in which a table spoonful of ketchup, a tea-spoonful of Chili vinegar, and one of made mustard has been mixed while making.

#### FRESH HERRINGS BROILED.

To broil them, steep them first in vinegar and water into which a handful of salt has been thrown ; let them remain ten minutes, then take them out and broil them over a clear fire (the bars of the grid-iron should be rubbed with suet, to prevent the skin of the fish adhering to it.) Serve, garnished with parsley. They may be eaten with melted butter, with a little mustard and vinegar in it, or lemon juice instead of the latter, being preferable.

#### FRESH HERRINGS FRIED.

Slice small onions, and lay in the pan with the fish, or fry separately, as judgment may dictate ; serve the fish with the onions laid round them. The herrings are generally fried without the onions, but those who are partial to this strongly-flavored vegetable will prefer the addition.

#### TO POT HERRINGS.

Take from one to two dozen herrings, according to the number you purpose potting ; choose them as large, fine, and fresh as you can. Take two ounces of salt, one of saltpetre, two of allspice, reduce them to an impalpable powder, and rub them well into the herrings ; let them remain with the spice upon them eight hours to drain, wipe off the spice clean, and lay them on a pan on which butter has been rubbed ; season with nutmeg, mace, pepper, salt, and one clove in powder, one ounce each, save the last ; lay in two or three bay leaves, cover with butter and bake gently three hours. When cool, drain off the liquor, pack the fish in the pots intended for their use, cover to the depth of half an inch with clarified butter, sufficiently melted just to run, but do not permit it to be hot ; they will be ready for eating in two days.

## LOBSTER CURRIED.

Take the meat of a fine lobster, or two, if small, place in a stew-pan two dessert-spoonfuls of curry powder, add two ounces of butter, an onion cut in very fine strips, and three dessert-spoonfuls of fish stock. When they are stewed well, add the lobster, simmer gently an hour, squeeze in half a lemon, and season with a little salt.

## LOBSTER STEWED.

Extract from the shells of two lobsters, previously boiled, all of the meat; take two-thirds of a quart of water, and stew the shells in it, with mace, unground pepper, and salt. Let it boil an hour or more, till you have obtained all that is to be got from them; then strain. Add the richest portions of the lobster, and some of the best of the firm meat, to some thin melted butter; squeeze a little lemon juice into it, add a table-spoonful of Madeira, pour this into the gravy, and when warmed it is ready to serve.

## LOBSTER BUTTER.

The hen lobster should be selected, on account of the coral, take out the meat and spawn, and bruise it in a mortar; add to it a tea-spoonful of white wine, season with pepper, salt, nutmeg, and a little grated lemon peel; add four ounces of butter, slightly dusted over with flour. Work this well together, and rub it through a hair sieve. It should be kept in a cool place till ready to serve.

## TO ROAST LOBSTERS.

Take a live lobster, half boil it, take it from the kettle in which it is boiling, dry it with a cloth, and while hot, rub it over with butter, and set it before a good fire, basting it with butter; when it produces a fine froth, it is done. Serve with melted butter.

## MACKEREL.

Clean the fish thoroughly, remove the roe, steep it in vinegar and water, and replace it; place the fish in water from which the chill has been taken, and boil very slowly from fifteen to twenty minutes; the best criterion is the starting of the eyes and splitting of the tail—when that takes place, the fish is done; take it out instantly, or you will not preserve it whole. Garnish with parsley, and chopped parsley in melted butter, serve up as sauce.

## TO BAKE MACKEREL.

Open and clean thoroughly, wipe very dry, pepper and salt the inside, and put in a stuffing composed of powdered bread crumbs, the roe chopped small, parsley, and sweet herbs, but very few of the latter, work these together with the yolk of an egg, pepper and salt to



taste, and sew it in the fish ; then place the latter in a deep baking dish, and dredge it with flour slightly, adding a little cold butter in small pieces, put the fish into an oven, and twenty-eight or thirty minutes will suffice to cook them. Send them in a hot dish to table, with parsley and butter.

#### TO BROIL MACKEREL.

Cleanse it well, and cut with a sharp knife a gash from head to tail, just sufficient on one side to clear the backbone, pass into the incision a little pepper (cayenne) and salt, moistened with clarified butter, broil it over a clear fire, but be particular that the bars of the gridiron are well rubbed over with suet, to prevent the skin of the mackerel adhering in turning ; the sides being the thinnest part, they will be first done ; therefore, when they are done, take the fish off the gridiron, and hold it in front of the fire for five minutes, the back of the fish being next the fire, and the fish will be thoroughly done ; this is the readiest and most effective mode. The sauce may be the same as for boiled mackerel, or sauce *a la maitre d'hotel*.

#### FILLETS OF MACKEREL.

Take the fish in fillets from the bones lengthways, and divide each into two or three pieces, according to the size of the fish. Put into a stewpan a pint of fish broth, and if not seasoned in the making sufficiently, add a little cayenne and salt to taste, chop finely a little parsley, part of the rind of a green lemon, if to be obtained, if not, as young a one as can be got, add it to the broth, lay on the fillets, and stew ten or twelve minutes. About three minutes before the fillets are done, add one glass of port wine, one of Harvey's sauce, half the quantity of soy, and the juice of a quarter of a lemon. When the fillets are done, which will be observable in the disposition of the thinner parts beginning to crack, dish tenderly, thicken the sauce, add a little mixed mustard, and pour it over the fillets. Garnish with pickles, or fried bread sippets.

#### FILLETS BOILED.

Separate as before place them in a stewpan in luke warm water, and put in a pinch of salt and a little parsley ; when they have boiled five minutes they will be done ; this may be tried by seeing if the flesh divides readily. Remove the scum as fast as it rises, and drain the fillets before dishing them. Serve with parsley and butter.

#### TO FRY MACKEREL.

It may be observed, as a rule, to prevent the too frequent repetition of the same thing, that it is to be supposed the fish must be thoroughly cleaned and gutted, unless directions to the contrary are giv-



en ; supposing then the fish have been cleaned and emptied, cut off the tails, and with a sharp knife lay the fish completely open, and remove the back-bone ; this feat should be skilfully performed, or the appearance of the fish will be materially altered, and by no means improved. Dry the mackerel thoroughly, sprinkle with powdered salt and pepper, dredge with flour, and when the lard in the fryingpan is boiling, lay them in, and fry them a clear brown. Serve with melted butter, in which has been mixed one spoonful of Harvey's sauce, one ditto of mustard, and two of Chili vinegar ; or boil half a dozen small onions, and while boiling rapidly, lay in a young cucumber one minute, with a faggot of fennel and parsley. Chop the latter finely, and cut the cucumber into shapes, add pepper and salt, put them into a stewpan with a lump of butter for three or four minutes, then place the vegetables on the fish, and squeeze a large lemon over them.

#### OYSTERS.

Procure a barrel of oysters, packed as for transmission to the country. Put into a vessel large enough to contain the barrel sufficient water, that when the barrel is in, it may be covered. Heat the water to a boil ; when it is boiling, put in the barrel of oysters just as you have received it ; let it boil twelve minutes ; take it out, knock off the head, and serve immediately. The flavor of the hot oyster will be found delicious.

#### ROAST OYSTERS.

Large oysters not opened, a few minutes before they are wanted, put them on a gridiron over a moderate fire. When done they will open, do not lose the liquor that is in the shell with the oysters ; serve them hot upon a napkin.

#### AN OYSTER PIE, WITH SWEETBREADS.

Blanch them, and take off the beards ; separate them from the liquor, blanch some throat sweetbreads, and when cold, cut them in slices, then lay them and the oysters in layers in your dish, and season with salt, pepper, and a few grains of mace and nutmeg ; add some thick sauce, a little cream, and the oyster liquor, and some good veal stock ; bake in a slow oven.

#### STEWED OYSTERS.

The oysters should be bearded and rinsed in their own liquor, which should then be strained and thickened with flour and butter, and placed with the oysters in a stewpan ; add mace, lemon peel cut into shreds, and some white pepper whole ; these ingredients had better be confined in a piece of muslin. The stew must simmer only, if

it is suffered to boil, the oysters will become hard ; serve with sippets of bread. This may be varied by adding a glass of wine to the liquor, before the oysters are put in and warmed.

#### SCALLOPED OYSTERS.

Beard the oysters, wash in their own liquor, steep bread crumbs in the latter, put them with the oysters into scallop shells, with a bit of butter, and seasoning of salt, pepper, and a little grated nutmeg ; make a paste with bread crumbs and butter ; cover, and roast them before the fire, or in an oven.

#### OYSTER FRITTERS.

Beard, dip them into an omelette, sprinkle well with crumbs of bread, and fry them brown.

#### PIKE TO CHOOSE.

If fresh, the gills will be red, the fish stiff, and eyes bright ; the best sort are caught in rivers, the worst in ponds ; it is a very dry fish and very much improved by stuffing and sauce.

#### TO BAKE PIKE.

Clean and empty the fish thoroughly, but do not disturb the scales in the operation, stuff it with oyster forcemeat, and skewer the tail to the mouth, sprinkle over it a little salt, and dredge a little flour, stick small pieces of butter over it, and bake in a steady oven forty to fifty minutes ; this must be regulated by the size of the fish. To the sauce which will be found in the dish when the pike is done, a little melted butter with a spoonful of essence of anchovies may be added, and a small quantity of grated lemon peel or lemon pickle ; also a table-spoonful of sherry, one of Harvey's sauce, and a little cayenne, will render the gravy exceedingly pleasant.

#### PIKE, TO BOIL.

Wash and clean the fish thoroughly ; unless you are very particular in this, you will not conquer an earthy taste, which, from a want of the proper application of the cook's art, too often appears. It is usual to stuff it with forcemeat, more for the purpose of destroying that peculiarity than from any additional flavor or zest it gives the fish. Having cleaned well and stuffed with forcemeat, skewer the head to the tail, lay it upon a drainer and put it in the fish-kettle, let it have plenty of water, into which you may throw a handful of salt and a glassful of vinegar ; when it boils, remove the scum as fast as it rises ; it will take three quarters of an hours dressing, if a tolerable size ; if very large, an hour ; if small, half an hour ; serve with melted butter and lemon sliced or whole. Anchovy sauce may be

eaten with the fish. It is always the best method, where a variety of fancies exist, to send the sauce-cruets to table, and permit every one to gratify his peculiar taste.

#### TO BAKE A SHAD.

Empty and wash the fish with care, but do not open it more than is necessary, and keep on the head and fins. Then stuff it with force-meat. Sew it up, or fasten it with fine skewers, and rub the fish over with the yolk of egg and a little of the stuffing.

Put into the pan in which the fish is to be baked, about a gill of wine, or the same quantity of water mixed with a table-spoonful of Cayenne vinegar, or common vinegar will do. Baked in a moderate oven 1 1-2 or 2 hours, or according to its size.

#### TO BROIL SHAD.

This delicate and delicious fish is excellent broiled. Clean, wash, and split the shad, wipe it dry and sprinkle it with pepper and salt—broil it like makeral.

#### TO FRY SHAD.

Clean the fish, cut off the head, and split it down the back; save the roe and eggs when taking out the entrails. Cut the fish in pieces about three inches wide, rinse each in cold water, and dry on a cloth; use wheat flour to rub each piece. Have ready hot salted lard and lay in the fish, inside down, and fry till of a fine brown, then turn and fry the other side. Fry the roe and egg with the fish.

#### TO BAKE A SHAD, ROCK-FISH, OR BASS.

Clean the fish carefully, sprinkle it lightly with salt and let it lie a few minutes; then wash it, season it slightly with Cayenne pepper and salt, and fry it gently a light brown. Prepare a seasoning of bread crumbs, pounded mace and cloves, majoram, parsley, Cayenne pepper and salt; strew it over and in the fish; let it stand an hour. Put it in a deep dish, and set it in the oven to bake; to a large fish, put in the dish half pint of water, one pint of wine, Port and Madeira mixed, half tea-cupful of mushrooms or tomato ketchup; to a small one allow in proportion the same ingredients; baste frequently, and garnish with sliced lemon.

#### DRESSED CRAB.

The white part of the crab forms a wall within the dish, the yellow part of the crab is mixed with vinegar, mustard, &c., so as to form a pool within.

#### DRESSED CRAB.

Another way—Get a large crab, take off the claws, then pull off

the body from the shell, the white meat, keep by itself, and the soft yellow meat by itself, wash and trim the large black shell, then on one side put all the white meat, and on the the other side put the soft meat, dividing the two with slices of cucumber or radishes. Crack the big bones or claws, and lay them underneath the crab to stand upou. Dish it up on a napkin.

#### CRABS—TO DRESS CRABS.

Scoop the meat from the shell, mix the meat into a paste with a little vinegar, bread crumbs, grated nutmeg, and a little butter, or sweet oil ; return it into the shell, and serve. To serve this hot, it should be heated before the fire, and served up with dry toast cut into large squares or dice.

#### BAKED CRABS

Remove the meat from the shell, mix it with bread crumbs—about one-fourth will be sufficient ; add white pepper, salt, a little cayenne, grated nutmeg, and half a dozen small lumps of butter, each about the size of a nut ; this last ingredient should be added to the fish, after it had been returned to the shell. Squeeze lemon juice over it ; lay a thick coat of bread crumbs over all, and bake.

#### COLLARED EELS.

The eels destined to be dressed as above should be the finest which can be selected : the skin must not be removed, but the bone must be carefully and cleverly extracted. Spread out the fish, and with some finely-chopped sage, parsley, and mixed spices, rub the fish well over ; then take some broad white tape, and bind up the fish tightly ; throw a good handful of salt into the water in which it is to be boiled, and a couple of bay leaves. Boil three quarters of an hour, and if the fish be taken out and hung to dry for twelve hours, it will be better for it when served. Add to the water in which the fish has been boiled a pint of vinegar, a little whole pepper, and some knotted marjoram or thyme. This pickle also should, after boiling about twelve minutes, be suffered to stand as long as the eels are recommended to be hung ; previous to serving, the fish must be unrolled so as to abrase the skin as little as possible, and put them into the pickle. Send up in slices or whole, according to taste ; garnish with parsley.

#### EELS BREAD-CRUMBED.

Cut your fish the size as before, dry and flour them, and proceed as for other fried fish, dishing them on a napkin with fried parsley.

#### FRIED EELS.

Cut into pieces same length as above, cleaned nicely and well-dried ; let them be coated with yolk of egg, powdered with bread crumbs ;



fry them brown; serve with parsley and butter, and garnish with handsome sprigs of parsley.

#### BOILED EEL.

Choose the smallest, simmer in a small quantity of water, into which a quantity of parsley has been put. Garnish and serve with same sauce as the last.

#### EELS STEWED.

Procure six or seven large ones, and proceed, after having cut them about three inches in length, as for carp, leaving out the wine until last, add to your sauce some very fine chopped parsley, and a shalot, and pour the sauce over the fish.

#### EELS STEWED.

This is a dish frequently made for invalids, and to the taste of many, fitted always to appear on the table of an emperor: there are various methods of stewing them, but the simplest is always the best because, without exception, the flavour of the fish is preserved, when, in too many cases, it is wholly destroyed by the number of ingredients employed; indeed the skill of the professed cook is most frequently exerted to give the various esculents they prepare for the table an opposite taste to that which they naturally possess.

To stew eels, they should be cut in pieces about three inches long, and fried until they are about half cooked; they will be then brown: let them get cold, take some good beef gravy, and an onion, parsley, plenty of white pepper, a little salt, some sage chopped very fine, enough only to add to the flavour, and a little mace, place the eels in this gravy, and stew until they are tender; two anchovies may be finely chopped and added, with two tea-spoonfuls of mustard, already made, some walnut ketchup, and a glass of red wine: serve with sippets of toasted bread. Or after being stewed until tender, a glass of port wine may be added, half a lemon squeezed into it: strain and thicken with butter and flour.

#### HALIBUT

May be cut in fillets, and dressed as mackerel fillets.

#### HALIBUT STEWED.

Put in a stewpan half a pint of fish broth, a table-spoonful of vinegar, and one of mushroom ketchup; add an anchovy, two good sized onions cut in quarters, a bunch of sweet herbs, and one clove of garlic also add a pint and a half of water, and let it stew an hour and a quarter, then strain it off clear, and put into it the head and shoulders of a fine halibut and stew until tender; thicken with butter and flour, and serve.



## HALIBUT COLLOPED.

Cut the fish into nice cutlets, of about an inch thick, and fry them; then put them into a broth made of the bones, four onions, a stick of celery, and a bundle of sweet herbs, boiled together for one half an hour.

## STURGEON BOILED.

Soak the fish in salt and water four hours, remove it, and bathe with pyroligneous acid diluted with water, let it drain an hour, then put it into boiling water, let it be well covered, add three onions, a faggot of sweet herbs, and a small quantity of bay-salt. When it is boiled so tender that the bones will separate readily, remove it from the fire, take away bones and skin, cut it into slices, dredge it with flour, brown it before the fire, and serve with a gravy, the same as given above for roasting.

## STURGEON BROILED.

Cut a fine piece of the fish, and skinning it, divide it into slices. Beat up three eggs, and dip each of the slices into them; powder fine bread crumbs mixed with finely-chopped parsley, pepper and salt over them, fold them in paper, and broil them, being careful that the fire is clear. Send them to table with essence of anchovies and soy, accompanied by cold butter.

## BEFORE YOU BAKE STURGEON.

Let it lie several hours in salt and water, then boil it until the bones can be removed; pour vinegar over your fish and in the water and salt. When done, take it out to cool, then egg and bread-crumbs it, then sprinkle clarified butter over it, place it in a moderate hot oven to brown; make a very thick sauce from your kidneys and good stock with a table-spoonful of essence of anchovies, season it with cayenne pepper, salt, dust of sugar, juice of lemon, and a glass of wine.

## TO BOIL HALIBUT.

Take a halibut, or what you require. Put it into the fish-kettle with the back of the fish undermost, cover it with cold water, in which a handful of salt, and a bit of saltpetre the size of a hazel nut, have been dissolved. When it begins to boil, skim it carefully, and then let it just simmer till it is done. Four pounds of fish will require nearly thirty minutes, to boil it. Drain it, garnish with horse-radish—egg sauce or plain melted butter, are served with it.

## SALMON, TO BOIL.

This fish cannot be cooked too soon after being caught; it should be put into a kettle with plenty of cold water, and a handful of salt; the

addition of a small quantity of vinegar will add to the firmness of the fish ; let it boil gently. For four pounds of salmon, fifty minutes will be enough ; if thick, a few minutes more may be allowed. The best way to ascertain whether it be done is to pass a knife between the bone and the fish, if it separates readily, it is done ; this should be tried in the thickest part. When cooked, lay it on the fish-strainer, transversely across the kettle, so that the fish, while draining, may be kept hot. Place a fish-plate upon the dish on which the salmon is to be served, fold a clean white napkin, lay it upon the fish-plate, and place the salmon upon the napkin. Garnish with parsley.

#### SALMON BROILED.

Cut the fish in inch slices from the best part, season well with pepper and salt ; wrap each slice in white paper, which has been buttered with fresh butter, ; fasten each end by twisting or tying ; broil over a very clear fire eight minutes. A coke fire, if kept clear and bright, is best. Serve with butter, anchovy, or tomato sauce.

#### DRIED SALMON BROILED.

Cut and cook as above, save that when it is warmed through it is enough. Serve plain, if for breakfast, or with egg sauce, if for dinner.

#### SALMON ROASTED.

Take a large piece of the middle of a very fine salmon, dredge well with flour, and while roasting baste it with butter. Serve, garnished with lemon.

#### STEWED SALMON,

Scrape the scales clean off, cut it in slices, stew them in rich white gravy, add, immediately previous to serving, one table-spoonful of essence of anchovies, a little parsley, chopped very fine, and a pinch of salt.

#### DRESSED SALMON.

All salmon, whether crimped, split, or in slices, should go through the same process in dressing, but you can vary your sauces as may be most approved of.

Put your salmon either in a fish-kettle, or a large baking-dish ; if a dish, you must cover it with butter paper, and frequently baste it with the marinda, which is made thus ; cut a carrot, turnip, celery, onions, sweet herbs, two blades of mace, whole pepper, six cloves, a bay leaf, six anchovies, a cup of vinegar, a quart of good brown second stock, two glasses of sherry ; then put on your salmon, letting it stew until done, then drain off all the stock from the fish, and thicken

en it and strain it through a tammy ; if for capers, add them in the sauce you have put through the tammy and boil it for some time, removing all grease that rises, season with lemon juice, cayenne pepper, salt and sugar, and if required, a little essence of anchovies. Pour this sauce over the fish.

Get about two pounds of salmon, rather thick part, and with a sharp knife cut as near as possible the shape of cutlets ; have ready a saucepan with some clarified butter, and a little cayenne pepper, then pass each cutlet through the butter ; when you have filled the pan with about sixteen cutlets, (if for a corner dish that is sufficient,) cut a paper round and butter it, and put it over your cutlets, then put them either in your oven or on your hot-plate or stove ; be careful in turning them, take them out of the saucepan or paper, to dry away the grease, have some good brown sauce ready ; after taking off the fat from what they were done in, put the remainder good into your sauce, adding a few drops of anchovy sauce, lemon juice, a little sugar, a glass of wine, then boil well for some time, dish your cutlets one on the other round, and either glaze them or pour the sauce over them.

#### TO DRY SALMON.

Open the fish, and remove the whole inside, including the roe. Scalp it, and then rub it with common salt ; hang it to drain from twenty-four to thirty hours.

Mix well two ounces of good sugar, the same quantity of bay salt, and three ounces of saltpetre ; rub the mixture thoroughly into the salmon ; place it upon a dish, and suffer it to remain for forty-eight hours, and then rub it with common salt. Let it remain until the succeeding evening, it will then be ready to dry. Wipe it thoroughly after drying ; spread it open with two sticks, and hang it in a chimney where a wood fire is burned.

#### SALMON POTTED.

Cut a handsome piece from the middle of the salmon ; remove the scales, and wipe it with a clean cloth. Rub into it some common salt thoroughly. Beat up some mace, cloves, and whole pepper, and season the salmon with it ; place it in a pan with a few bay leaves ; cover it with butter, and bake it until thoroughly done ; remove it from the gravy, letting it drain thoroughly, then place it in the pots. Clarify sufficient butter to cover all the pots after the salmon has been put into them : put it to cool.

#### TO PICKLE SALMON.

Scale, clean, split, and divide the salmon into handsome pieces ; place them in the bottom of a stewpan, with just sufficient water to cover them. Put into three quarts of water one pint of vinegar, a

dozen bay leaves, half that quantity of mace, a handful of salt, and a fourth part of an ounce of black pepper. When the salmon is sufficiently boiled remove it, drain it, and place it upon a cloth. Put in the kettle another layer of salmon, pour over it the liquor which you have prepared, and keep it until the salmon is done. Then remove the fish, place it in a deep dish or pan, and cover it with the pickle, which, if not sufficiently acid, may receive more vinegar and salt, and be boiled forty minutes. Let the air be kept from the fish, and, if kept for any length of time, it will be found necessary to occasionally drain the liquor from the fish, and skim, and boil it.

#### QUENELLES OR PUDDING.

Use any salmon you may have left, pick it free from all bones and skin, put a crumb of a French roll, or some light crumbs of bread in half a pint of milk, a sprig of parsley, a small shalot, or onion, put it all to boil until dried up, stir it and keep it from burning, then put it to get cold ; pound the salmon well, then add boiled fat, take out the onion and parsley, and put about two ounces of butter with it ; pound all well, then rub it through a wire sieve ; when done, return it back into the mortar, and add, according to the quantity, two yolks of eggs and one whole egg, a little essence of anchovies, cayenne pepper, salt, and a dust of sugar. Have a stewpan of boiling water ready ; take out a piece and boil it to see if it is light, or does not drop to pieces ; have your small or large moulds ready, and well buttered ; six small ones are sufficient for a dish ; if for a corner, put buttered paper over each mould. To stew them, have a stewpan large enough to hold them, line the bottom with paper, and only put sufficient water to be half up the mould ; mind the cover fits close, and be sure it boils, then put them in ; the small ones will take about half an hour ; when done drain the grease well from them, before dishing ; pour the sauce in the middle.

#### TO BAKE SMELTS.

Prepare as above, also strew forcemeat over them, bread crumbs, and moisten with clarified butter ; mix, in addition to the gravy a glass of Madeira, with a dash of anchovies ; this must be added before the smelts are laid in. They will be done in ten minutes.

#### TROUT.

Scale, gut, clean, dry, and flour, then fry them in butter until they are rich clear brown ; fry some green parsley crisp, and make some plain melted butter, put in one tea-spoonful of essence of anchovy, and one glass of white wine ; garnish, when the trouts are dished, with the crisped parsley and lemon cut in slices ; the butter may be poured over the fish, but it is most advisable to send it in a butter tureen.

## TROUT STEWED.

This is a pleasing and delicate dish when nicely stewed. It is dressed very much in the fashion of other small fish stewed, only that it requires perhaps more care in the different processes. First wash and clean the fish, wipe it perfectly dry, put into a stewpan two ounces of butter, dredge in flour as it melts, and add grated nutmeg, a little mace, and a little cayenne. Stew well, and when fluid and thoroughly mixed, lay in the fish, which having suffered to slightly brown, cover with a pint of veal gravy; throw in a little salt, a small faggot of parsley, and a few rings of lemon-peel; stew slowly forty minutes, then take out the fish, strain the gravy clear, and pour it over the fish.

## HALIBUT'S HEAD.

Put a pint of wine, a few anchovies, an onion stuck with cloves, a bunch of sweet herbs, and some pepper, into a stew-pan; fill it nearly with water, and stew it for an hour: then strain it, and put in the head of a halibut, stew it till tender; when done enough, thicken the gravy with butter and flour, add a little fish-sauce, and serve it up with forcemeat-balls made of a part of the fish, pounded, and rolled up with crumbs of bread, thyme, marjoram, and nutmeg, bound together with the yolk of an egg. If the fish has been stewed in plain water, a glass of wine should then be added to the sauce.

## TO BOIL PERCH.

First wipe or wash off the slime, then scrape off the scales, which adheres rather tenaciously to this fish; empty and clean the insides perfectly, take out the gills, cut off the fins, and lay the perch into equal parts of cold and of boiling water, salted as for mackerel: from eight to ten minutes will boil them unless they are very large. Dish them on a napkin, garnish them with curled parsley, and serve melted butter with them.

## ORAB SALAD.

Extract the fish from the shell, and place in the centre of the dish in which it is to be served, in the form of a pyramid; arrange the salad round tastefully, and add salad mixture. This dish is not unfrequently garnished with the smallest claws of the fish.

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 M E A T S.

## ROASTING.

In every case where meat is washed before roasting, it should be well dried before it is put down to the fire, which must be kept clear;



banked up to the height it is intended to keep it, and kept at that height until the meat is sufficiently cooked. Remember the regulation of gradually advancing the meat nearer to the fire while it is cooking; baste with a little milk and water, or salt and water first, but as soon as the fat begins to fall from the meat, put down a clean dish, and then baste with the dripping as it falls; the meat should not be sprinkled with salt until nearly cooked, or too much gravy will be produced. Preserve the dripping; pour it from the dish into some boiling water, and leave it to cool. When cold it will be hard, white, and all the impurities will be deposited at the bottom. It occasionally happens that the joint cannot be sent to table as soon as cooked; in such case, place it on a dish upon a fish-kettle of boiling water; place over it a dishcover, and spread over all a cloth; the meat will thus be kept as hot as if placed before a fire, but will not be dried, nor will the gravy be evaporated.

#### BOILING.

The learned in the art of boiling recommend different times for the completion of the process, some allowing fifteen minutes to each pound, others twenty. All the best authorities agree in this, that the longer the boiling the more perfect the operation.

When taken from the pot the meat must be wiped, some use a clean cloth, but the best way is to have a sponge previously dipped in warm water, and wrung dry, this is also more convenient. Be careful not to let the meat stand, but send it to table as quick as possible, or it will darken and become hard. Boiled meat, as well as roast, cannot be served too hot.

Hard water is improper to boil meat in, and, where soft water is to be procured, should not be thought of.

It is now an established fact among the best judges, that the meat should be put in cold water, and not in hot, unless for a special purpose, as it renders it dark and hard; cooks should be careful how they manage the form of certain meat for the pot, by skewering or tying it, so as to make it equal in all parts; for where one part is thick, and the other thin, the latter would be overdone before the thicker parts are acted upon by the boiling water. All meats are best cooked by boiling gently, as fast boiling spoils the meat and does it no quicker. Salted meats should be very slowly boiled—in fact it should scarcely simmer; it is indispensible that the water should cover the meat, therefore the dimensions of the pot should be suited to the bulk of the joint.

Large joints, as rumps and rounds of beef, should be boiled in a copper. It is less difficult to regulate the heat of a copper fire than that of a kitchen range. It is impossible to boil properly without skimming the pot. The instant the pot boils, it should be skimmed and followed up as the scum rises.

## BROILING.

The cook must prepare her fire in due time. When ready, it should be clear and bright, so clear from black coal and smoke that the chop or steak may come from the gridiron without blemish or taint of sulphur or smoke. The best fuel for a broil is composed of charcoal and coke, as little smoke is emitted from either, even on commencing the fire, and when well ignited, it is entirely free from it; coke added to a brisk coal fire also burns bright, and is well suited for the operation, though with care a proper fire may be made of good sea coal. There is this amongst other disadvantages in cutting too thick a steak, the outside is likely to be scorched to horny hardness before the interior is half cooked; hence, to say nothing of the misery of those who have not large mouths, the disappointed epicure must either wait until it is put again on the gridiron, or, instead of eating it rare, be constrained to eat it raw. No gridirons should be used but those with fluted bars, which, forming channels, the greater part of the fat which otherwise falls into the fire, and scorches the steak, is drawn off into a gutter at the bottom; the gridiron should be thoroughly heated, and the bars rubbed with beef or mutton suet previously to putting on the steak, to prevent its being marked by, or adhering to, the bars. A close eye should be kept on the steak, to watch the moment for turning it, which is repeatedly done during the process; broiling tongs of convenient size should be used, with which, by a little practice, the steak may be turned with ease and despatch; the cook must have her dish thoroughly heated to receive the broil when done, and the cover hot to place upon it instantly. Even when she has accomplished her task, if the servant who is to take it to table loiters on the way, the steak will have lost its zest. A steak or chop should be briskly cooked, speedily conveyed to table, and served with despatch.

## HOW TO CHOOSE BEEF.

True well-fed beef may be known by the texture and color; the lean will exhibit an open grain of deep coral red, and the fat will appear of a healthy, oily smoothness, rather inclining to white than yellow; the suet firm and white. Yellow fat is a test of meat of an inferior quality. Heifer beef is but little inferior to ox beef; the lean is of a closer grain, the red paler, and the fat whiter. Cow beef may be detected by the same signs, save that the older the beast the texture of the meat will appear closer, and the flesh coarser to the sight, as well as harder to the touch.

## TO ROAST BEEF.

The prime parts are roasted, except the round, which should be boiled; the ribs make the finest roasting joint.

Where a small quantity is required, it is better for the bones to be cut out, and the meat rolled; this should be done by the butcher, who will not only cut cleaner, but skewer the parts into a fillet with more firmness and neatness than the cook, who is not expected to be as expert with the knife and the skewer as the butcher. The tops of the ribs are frequently cut off into pieces of three or four pounds; this piece though occasionally roasted, should be salted; it then approaches in flavor to the brisket.

In roasting the ribs, or any piece of beef, the precautions mentioned respecting placing it too near the fire must be observed; and where there is much fat, and it is desired to preserve it from being cooked before the lean, it may be covered with clean white paper skewered over it; when it is nearly done the paper should be removed, a little flour dredged over it, and a rich frothy appearance will be obtained. The joint should be served up with potatoes and other vegetables; the dish should be garnished round the edge with horse-radish scraped into thin curls. This receipt will suffice for all the other roasting parts of beef.

#### TO COOK THE INSIDE OF THE SIRLOIN.

Take out the inside of the sirloin in one piece, put it into a stewpan, with sufficient good gravy to cover it; season with mixed spice, pepper, salt, and cayenne, and a spoonful of walnut ketchup; more of the latter may be added, if the quantity made should require it to flavor; serve with pickled gherkins cut small.

#### FILLET OF BEEF ROASTED.

The fillet, which comes from the inside of the sirloin, may be larded or roasted plain; for high dinners it is larded. Baste with fresh butter. It must be a large fillet which takes longer than an hour and twenty minutes; serve with tomato sauce, and garnish with horseradish, unless served with currant jelly, then serve as with venison or hare.

#### A SALT ROUND OF BEEF.

Use the spice as for the fillet of beef, but salt as usual for a round of beef. Let it lie for a week, frequently rubbing it; boil it in a cloth; send up carrots, and turnips, and suet dumplings, and a little gravy from what it was boiled in, adding a little consomme, or it will be too salt. Young cabbages in a dish, send up.

#### STEWED RUMP OF BEEF.

Half roast the beef; then place it in the stewpan, adding three pints or two quarts of water (according to the weight of the joint), two wine-glasses of vinegar, three of red wine (more if expense be

not considered, a bottle not being too much) ; cider is sometimes used, but the meat may be stewed without it ; three spoonfuls of walnut ketchup, two or three blades of mace, a shalot, a dessert-spoonful of lemon pickle, cayenne pepper, and salt ; cover the stewpan close down, and stew gently for two hours, or three, if the rump of beef is large ; take it up and place it in the dish in which it is to be served, keeping it hot in the manner previously prescribed ; remove the scum from the gravy in which it has been stewed, and strain it ; add half a pint of mushrooms, three table-spoonfuls of port wine, a spoonful of Harvey's sauce, thicken with flour and butter, pour over the beef, garnish with pickles, forcemeat balls, and horseradish.

#### RUMP STEAK STEWED.

Cut a steak about an inch thick, with a good bit of fat, fry it over a brisk fire, place it in a stewpan with the gravy, a little good stock, a little port wine, and some chopped mushrooms, and stew gently ; when tender, put into the stewpan some good brown sauce ; shake it gently about ; then dish it, and put scraped or grated horse-radish on the top ; if for oysters or mushrooms, season plentifully with salt, cayenne pepper, and sugar.

#### RUMP STEAK BROILED.

Cut your steak not so thick as for the former ; have ready a good clear fire, and get your gridiron quite hot ; then put on the steak at full length, frequently stirring it with your steak-tongs ; a few minutes, according to taste, will do it ; place it on your dish, rub a good slice of butter all over it, and now pepper and salt it. Serve with a horseradish on the top of it, and, frequently, sauces.

#### BEEF STEAKS BROILED.

Be particular that the fire is clear ; it is of no use to attempt to broil a steak over a dull, smoky, or flaring fire ; see that the gridiron is clean, and the bars rubbed with suet preparatory to laying on the steaks ; when the meat is browned, turn it ; do not be afraid of doing this often, as this is the best plan to preserve the gravy. When they are done, rub them over with a piece of fresh butter, pepper and salt them, sprinkle the shalot, or onion cut very small, and send them to table with oyster sauce, a dish of nicely-cooked greens, and well boiled potatoes. They are frequently and pleasantly garnished with scraped horseradish.

#### STEWED BEEF STEAKS.

Stew the steaks in three parts of a pint of water, to which has been added a bunch of sweet herbs, two blades of mace, an onion stuck with cloves (say three) ; an anchovy, and a lump of butter



soaked in flour, pouring over a glass of sherry or Madeira. Stew with the pan covered down, until the steaks are tender, but not too much so; then place them in a fryingpan with enough of fresh butter, hissing hot, to cover them; fry them brown, pour off the fat, and in its place pour into the pan the gravy in which the steaks were stewed; when the gravy is thoroughly heated, and is of a rich consistency, place the steaks in a hot dish, and pour the sauce over them. The steaks should be large, the finest from the rump, and have a due proportion of fat with them.

#### BEEF KIDNEY, FRIED.

Remove all the fat and the skin from the kidney, and cut it in slices moderately thin. Mix with a tea-spoonful of salt, grated nutmeg, and cayenne pepper. Sprinkle over them this seasoning, and also parsley, and eschalot chopped very fine. Fry them over a quick fire until brown on both sides, than pour into a good gravy a glass of Madeira, and when the slices of the kidney are browned, pour it into the pan gradually; just as it boils throw in a spoonful of lemon juice, with a piece of butter the size of a nut. Have ready a dish, garnished with fried bread cut in dice, and pour the whole into it.

#### BEEF KIDNEYS—STEWED.

Procure a couple of very fine beef kidneys, cut them in slices, and lay them in a stewpan; put in two ounces of butter, and four large onions cut into very thin slices; add to them a sufficiency of pepper and salt to season well. Stew them about an hour; add a cupfull of rich gravy to that extracted from the kidney. Stew five minutes, strain it, and thicken the gravy with flour and butter, give it a boil up. Serve with the gravy in the dish.

#### BEEF HEART ROASTED.

Wash thoroughly, stuff with forcemeat, send it to table as hot as it is possible with currant jelly sauce; it will take about forty minutes roasting.

#### OX TAILS.

Have them properly jointed by the butcher, as it saves time, and experience enables him to do the task more neatly than the cook. They should be separated at each joint, until the tail is approached, and then two or three joints may be the length allowed. Three or four tails may be cooked; that, however, must be regulated according to the quantity required. We give the proportions for three tails. Cover them with water after laying them in the saucepan; clear the scum as it rises; and when it boils put in a little salt, half a tea-spoonful of white pepper, and half that quantity of cayenne, eight or ten cloves stuck in two small onions, two large or four small carrots, and



a good sized bunch of parsley. Let it boil very gently, until the meat is tender, which will take three hours ; then strain the gravy from the meat, thicken it, and serve it up with the tails in a tureen. When the gravy has been thickened, the vegetables may be returned to it or not, according to taste, and it may be sent to table poured over the tails, or in a separate tureen.

Ox-tails are sometimes broiled, but as in any mode of dressing them they require much cooking, they must first be stewed. They are not divided in this mode of dressing, but boiled for a quarter of an hour whole, and stewed in sufficient gravy to cover them until tender, then coated with yolk of egg, or fresh butter powdered with bread crumbs, and broiled upon a gridiron, served immediately they are browned.

#### BRISKET OF BEEF STEWED.

Take any quantity of brisket of beef required, say eight or ten pounds, which cover with water, and stew till tender ; bone the beef, and skim off the fat, strain the gravy, add a glass of port wine, and flavor with spice tied in a bag. Have boiled vegetables ready ; cut them into squares, and garnish the beef from the gravy round it, and serve.

#### RUMP OF BEEF.

Cut the beef in pieces, half boil them, put them into some beef broth or thin stock, unseasoned, and boil ; when half done, stir some butter and flour moistened with broth in a stewpan over the fire until brown ; put the beef into the pan with a dozen onions previously parboiled, a glass of sherry, a bay leaf, a bunch of sweet herbs, parsley, pepper, and salt ; stew till the beef and onions are quite done, then skim clean, cut an anchovy small, and put it with capers into the sauce ; place the beef in the centre of the dish, and garnish with the onions round it.

#### TO FRICASSEE COLD ROAST BEEF.

Cut the beef into slices, (which would be very thin,) and put it with some strong broth into a stewpan ; add parsley chopped small, an onion scored, and a piece of butter ; simmer fifteen minutes, then add a glass of port wine, a tea-spoonful of pyroligenous acid, and the yolk of a couple of eggs ; mix well, stew quickly, pot the dish, rub it with a shalot, pour fricassee into it and serve.

#### BEEF AND SAUER KRAUT.

Put about eight pounds of beef into cold water. When it comes to a boil, let it boil very fast for eight or ten minutes, not longer. Take it in a stewpan, covering it completely over with sauer kraut.

Pour in a pint of thin gravy. Stew four hours, and serve with the gravy in a tureen or deep dish.

#### A BEEF STEW.

Take two or three pounds of the rump of beef, cut away all the fat and skin, and cut it into pieces about two or three inches square, put it into a stewpan, and pour on to it a quart of broth ; then let it boil, and sprinkle in a little salt and pepper to taste : when it has boiled very gently, or simmered two hours, shred finely a large lemon, adding it to the gravy, and in twenty minutes pour in a flavoring composed of two table-spoonfuls of Harvey's sauce, the juice of the lemon (the rind of which has been sliced into the gravy), a spoonful of flour, and a little ketchup ; add at pleasure two glasses of Madeira, or one of sherry or port, a quarter of an hour after the flavoring, and serve.

#### BEEF HASHED.

Take the bones of the joint to be hashed ; and break them small, then stew them in a very little water, with a bunch of sweet herbs, and a few onions ; roll a lump of butter in flour, brown it in a stewpan, pour the gravy to it, and add the meat to be hashed ; two small onions in thin slices, a carrot also, and a little parsley shred finely ; stew gently until the meat is hot through, and serve.

#### BEEF TONGUE, TO CURE.

Throw a handful of salt over the tongue, seeing that it is sprinkled on both sides, and let it remain to drain until the following day ; make a pickle of a table-spoonful of common salt, half that quantity of saltpetre, and the same quantity of coarse sugar as of salt ; rub this mixture well into the tongue, every day for a week ; it will then be found necessary to add another table-spoonful of salt ; in four more days the tongue will be cured sufficiently.

Some persons do not rub the pickle into the tongue, but let it absorb it, merely turning it daily ; this method will be found to occupy a month or five weeks before it is cured. When the tongue is to be dried, affix a paper to it with a date ; smoke over a wood fire four days, unless wrapped in paper, and then as many weeks will be required.

#### TO DRESS BEEF TONGUES.

First boil the tongue tender—it will take five hours ; always dress them as they come out of the pickle, unless they have been very long there, then they may be soaked three or four hours in cold water ; or if they have been smoked, and hung long, they should be softened by lying in water five or six hours ; they should be brought to a boil

gently, and then simmer until tender ; when they have been on the fire about two hours, and the scum removed as it rises, throw in a bunch of sweet herbs of a tolerable size, to improve the flavor of the tongue.

#### TO STEW A TONGUE.

Cut away the root of the tongue, but leave the fat underneath, and salt for seven days, as in receipt to cure beef tongue. Put it into a saucepan, and boil gently until tender, when it will easily peel ; after peeling, put it into a stewpan, and cover it with rich gravy, into which put a spoonful of mushroom ketchup, one of soy, and half a spoonful of cayenne pepper. Stew in the gravy morels, truffles, and mushrooms, and serve with them in the gravy.

#### BUBBLE AND SQUEAK.

Sprinkle some slices of cold boiled beef with pepper, fry them with a bit of butter to a light brown ; boil a cabbage, squeeze it quite dry, and chop it small, then take the beef out of the fryingpan and lay the cabbage in it, sprinkling a little salt and pepper over it ; keep the pan moving over the fire for a few minutes ; lay the cabbage in the middle of the dish, and the beef around it.

#### BEEF SAUSAGES.

To three pounds of beef, very lean, put one pound and a half of suet, and chop very finely ; season with sage in powder, allspice, pepper, and salt ; have skins thoroughly cleaned and force the meat into them.

#### BEEF BROTH.

Take a leg of beef, wash it clean, crack the bone in two or three parts, put it into a pot with a gallon of water, and skim it well ; then put two or three blades of mace into a bundle of parsley, and a crust of bread, and let it boil till the beef is quite tender ; toast some bread, cut it into dice, put them into a tureen, lay in the meat, and pour the soup over it.

#### MARROW BONES.

They must be sawn into convenient sizes ; cover the ends with a little dough, made of flour and water, and tie them in a floured cloth ; boil them an hour and a half, and serve on a napkin with dry toast.

#### TRIPE.

Take two pounds of fresh tripe, cleaned and dressed by the tripe-dresser, cut away the coarsest fat, and boil it for twenty minutes to

half an hour, in equal parts of milk and water. Boil in the same water which boils the tripe four large onions; the onions should be put on the fire at least half an hour before the tripe is put in the stewpan, and then made into a rich onion sauce, which serve with the tripe.

Tripe is also cleaned, dried, cut into pieces, and fried in butter and served with melted butter.

Another method of dressing tripe is by cutting it into slices; three eggs are beaten up with minced parsley, sweet herbs, onions, chopped exceedingly fine, and mushrooms. The tripe is dipped into this mixture, and fried in boiling lard.

Tripe may also be cut into collops, covered with a mixture of parsley, onions, and mushrooms, minced exceedingly fine, and fried in clarified or fresh butter. Serve mushroom sauce with it.

Tripe can be stewed in gravy, in which put parsley, onions, and mushrooms, or in lieu of the latter, mushroom ketchup. Thicken the gravy with flour and butter. When the tripe is tender, it will be done. A lemon may be sent to table with it.

#### POTTED BEEF.

To a pound of common salt, put a quarter of an ounce of saltpetre, and two ounces of coarse sugar. Rub three ounces of lean beef with this, and let it remain in the brine fifty hours. Drain and dry it, pepper it well with black pepper, and put it into a pan; cut half a pound of butter in slices, and lay round it; lay a paste crust over it, and bake it very slowly four hours and a half. Let it get cold, and then cut off the meat, being careful to separate the stringy pieces from it; pound it in a mortar, working up with it four ounces of fresh butter, and some of the gravy from the meat when baked, seasoned with ground allspice, a little mace, and pepper. When the meat has been combined with the butter and gravy, until it is worked into an even paste, put it into jars, and cover it with clarified butter.

If it is purposed to keep it long, cover it with bladder skin. The beef may be potted without in the first instance being salted, but if it is done, it should have salt worked up with it, and be soon eaten after potting. Some persons make their potted beef of meat that has been previously cooked, but the above will be found to be the best receipt.

#### COW HEEL.

Having been thoroughly washed, scalded, and cleaned, cut them into pieces about two inches long, and one wide; dip them into yolk of egg, cover them with fine bread crumbs mixed with parsley, minced, cayenne pepper, and salt; fry them in boiling butter.

## BEEF HAMS.

Prepare, trim, and shape a leg of beef like a ham, then put on a dish, and baste with the following pickle morning and evening for a month, then remove from the pickle, drain, roll in bran, and smoke it. Cover with a piece of canvas, give it a coat of lime-wash, and hang in a dry place until wanted. For a piece of meat weighing fourteen pounds, mix a pound of salt, the same of coarse brown sugar, an ounce of saltpetre, the same of bay salt, half an ounce of coarse black pepper, and three ounces of treacle, adding sufficient beer to form into a *thick* pickle.

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## V E A L.

THE failing of this meat is its tendency to turn; should it show any symptoms of doing this, put it into scalding water, and let it boil for seven or eight minutes, with some pieces of charcoal affixed, plunge it into cold water immediately after taking it out of the pot, and put into the coldest place you have at command; the skirt from the breast, and the pipe from the loin, should always be removed in hot weather.

## HOW TO CHOOSE VEAL.

When you observe the kidney well surrounded with fat, you may be sure the meat is of a good quality. The whitest is not the best veal; but the flesh of the bull-calf is of a brighter color than that of the cow-calf. The fillet of the latter is generally preferred, on account of the udder. There is a vein in the shoulder very perceptible; and its color indicates the freshness of the meat; if a bright red or blue, it is recently killed; if any green or yellow spots are visible, it is stale. The suet will be flabby, and the kidney will smell.

## VEAL, THE FILLET.

The fillet derives much of its pleasant flavor from being stuffed. Veal, in itself, being nearly tasteless, the stuffing should be placed in the hollow place from whence the bone is extracted, and the joint should be roasted a beautiful brown; it should be cooked gradually, as the meat being solid, will require to be thoroughly done through without burning the outside; like pork, it is sufficiently indigestible, without being sent to table and eaten half cooked; a dish of boiled bacon or ham should accompany it to table, with the addition of a lemon.

In roasting veal, care must be taken that it is not at first placed



too near the fire ; the fat of a loin, one of the most delicate joints of veal, should be covered with greased paper ; a fillet also, should have on the caul until nearly done enough. The shoulder should be thoroughly boiled ; when nearly done, dredge with flour, and produce a fine froth.

#### FILLET OF VEAL BOILED.

Bind it round with tape, put it in a floured cloth, and in cold water ; boil very gently two hours and a half, or, if simmered, which is perhaps the better way, four hours will be necessary. It may be sent to table in bechemel, or with oyster sauce.

Care should be taken to keep it as white as possible.

#### KNUCKLE OF VEAL BOILED.

Put sufficient water over it to cover it, let it boil gently, and when it reaches a boil, as much salt as would fill a dessert-spoon may be thrown in ; keep it well skimmed, and boil until tender, then serve with parsley and butter, and a salted cheek. Allow twenty minutes to each pound. Three quarters of a pound of rice may be boiled with it, or green peas, or cucumbers ; turnip and small spring onions may be put in, allowing them so much time from the cooking of the veal as they may require.

#### KNUCKLE OF VEAL STEWED.

Place your knuckle of veal in a stewpan, if the knuckle is a very large one, it may be divided into two or three pieces for the sake of convenience ; put in the pan with it, a few blades of mace, a little thyme, an onion, some whole pepper, a burnt crust of bread, and cover with three to four pints of water, cover down close, and boil ; when it has boiled, place it by the side of the fire, and let it simmer for at least two hours ; keep it hot while you strain its liquor, then pour the gravy over it, and send it to table with a lemon garnish.

#### ANOTHER WAY.

Let the knuckle boil slowly in sufficient water till it is tender ; make a sauce of butter and flour, with parsley in it chopped fine, then slice a lemon, and garnish the dish with it.

#### NECK OF VEAL.

May be boiled or roasted—the latter only, if it be the best end, and sent to table garnished nicely with vegetables ; it may also be broiled in chops, but it is best in a pie ; it is sometimes larded and stewed as follows :

#### NECK OF VEAL STEWED.

Lard it with square pieces of ham or bacon, which have been pre-

viously rubbed in a preparation of shalots, spices, pepper, and salt; place it in the stewpan with about three pints of white stock, adding a bay or laurel leaf, and a couple of onions; also add a dessert-spoonful of brandy or whiskey, and stew till tender, then dish the meat, strain the gravy, pour it over the joint, and serve.

#### NECK OF VEAL BRAISED.

This is done much in the same manner as the neck of veal stewed; it is larded with bacon, rolled in chopped parsley, pepper, salt, and nutmeg, placed with the scrag in a tosser, in which place lean bacon, celery, carrots, one onion, a glass of sherry, or Maderia, with sufficient water to cover it all; stew over a quick fire until it is sufficiently tender, remove the veal, and strain the gravy, place the veal in a stewpan, in which some butter and flour has been browned, letting the bones be uppermost; when the veal is nicely colored it is enough; boil as much of the liquor as may be required, skim it clean, squeeze a lemon into it, pour it over the meat, and serve.

#### VEAL CUTLETS.

The cutlet should be cut as handsomely as possible, and about three quarters of an inch in thickness; before cooking, they should be well beaten with the blade of a chopper, if a proper beater be not at hand; then fry them a light brown, and send them up to table garnished with parsley, and rolls of thin-sliced, nicely fried bacon; they are with advantage coated, previous to cooking, with the yolk of an egg, and dredged with bread crumbs.

#### ANOTHER WAY.

Procure your cutlets cut as in last receipt, coat them with the yolk of eggs well beaten, powdered bread crumbs, sweet herbs, grated lemon peel, and nutmeg; put some fresh butter in the pan, and when boiling, put in your cutlets; now make some good gravy; when the cutlets are cooked, take them out, and keep them before the fire to keep hot, dredge into the pan a little flour, put in a piece of butter, a little white stock, juice of lemon to taste, season with pepper and salt, adding mushroom ketchup, boil quickly until a light brown, then pour it over the cutlets, and serve, the cutlets being laid in a circle round the dish, and the gravy in the centre.

#### VEAL CUTLETS CURRIED.

The cutlets may be prepared as for collops, by cutting them into shape, dipping them into the yolk of eggs, and seasoning them with about four table-spoonfuls of fine bread crumbs, two spoonfuls of curry powder, and one of salt; fry them in fresh butter; serve with curry sauce, which may be made with equal parts of curry powder, flour,

and butter, worked well together into a paste ; put it into the pan from which the cutlets have been removed, moisten with a cupful of water, in which cayenne and salt have been stirred ; let it thicken, and serve very hot.

#### VEAL CUTLETS, CRUMBED OR PLAIN.

If you have not got the leg of veal or the cutlet-piece I before named, get a thick slice of veal, and cut fourteen good sized cutlets, but not too thin ; flatten each, and trim them a good shape, wet your beater in cold water to keep the veal from sticking,) if for plain cutlets, flour them and dry them), then again have ready your saucepan, or fryingpan, quite hot, with a good bit of lard or butter : in this put your cutlets, and fry a nice light brown ; pepper and salt them ; if to be bread-crumbed, trim them as before ; have ready a little clarified butter, some chopped parsley and shalot, pepper and salt, all mixed together with the yolk of two eggs well beaten ; have ready some bread crumbs, and amongst them a spoonful of well-mixed flour ; dip each cutlet into this omelet, and thin bread-crumbs them, patting them with your knife to keep each the proper shape, making the bread crumbs stick to the cutlet : melt some lard in your saucepan and place your cutlets in it ready to fry a nice brown.

#### COLLOPS OF VEAL.

If you have it, a leg of veal ; if not, get a cutlet, and cut it into thin pieces, and beat very thin, saute them off, and when all done, trim them round the size of a crown piece, pepper, and salt them, place them in a stew pan with some cool sauce if for brown, and if for white, bechemel sauce ; add some forcemeat balls, some stewed mushrooms, and some whole-dressed truffles, season with pepper, salt, sugar, and lemon : dish the collops round as you would cutlets, putting the mushrooms, balls, and truffles in the middle.

#### VEAL CHOPS LARDED.

Take from the best end of the neck of veal, three thick chops with a bone to each, trimmed neatly, either larded or not ; but you will braise as the former, and glaze them.

#### TENDONS OF VEAL.

This is from a breast of veal. Turn up the breast, and with a sharp knife cut off the chine bone all along, taking care you do not take any of the gristle with the bone ; when you have cut off this bone, place your knife under the gristle, and follow it all along until you have raised it up ; then cut off the tendons by keeping close to the rib bones ; when you have got it out twelve or fourteen tendons endways, keeping your knife slanting, that each may be the size of a

small pattie round, but not too thin; then put them on in cold water to scald, and then put them in cold again; prepare a stewpan, lined with fat bacon or ham, trim each tendon round, throw the turnip in your braise, cover them with second stock and some of the skimming, and let them stew gently for six or seven hours; be careful in taking them up, and place them separately upon a drying seive; glaze them two or three times, and dish them on border. They should be so tender that you might suck them through a quill.

#### GALANTINE VEAL.

Take a large breast of veal; take off the chine bone, then take out the gristle called tendons, and all the rib bones; flatten it well, have ready some good forcemeat or sausage meat, and spread it all over with your forcemeat: then make a line of green gherkins, a line of red capsciums, a line of fat ham or bacon, some hard-boiled yolks of eggs, and a line of truffles; if you have any boiled calves' feet left from jelly stock, sprinkle it in with pieces of breast of fowl; sprinkle pepper and salt all over it, then roll it up tightly, and likewise do so in a cloth; tie it up tight; stew it for two hours or more; take it up, press it flat, and let it lie until quite cold: then take off the cloth. It will make an excellent cold dish.

#### POTTED VEAL.

This may be potted as beef, or thus:—Pound cold veal in a mortar, and work up with it in powder, mace, and salt, the leanest part of tongue or ham, and shred very finely; place in a jar or pot a layer of the pounded veal, and upon that a layer of the tongue, and continue alternately until the pot is full, seeing that every layer is well pressed down; pour over the top melted clarified butter. If it is desired, and which is frequently done, to marble the veal, cut the tongue or ham in small dice instead of shredding it; care must be taken that they do not touch each other, or the effect is destroyed.

#### VEAL HARICOED.

Bone the best end of the neck, put it in a stewpan with three pints of a rich brown gravy (let there be enough to cover it), and sew it; while this is proceeding, stew four good-sized cucumbers, pared and sliced, with a pint of peas, and a couple of cabbage-lettuces, cut in quarters, in some broth; when sufficiently stewed, and the veal is nearly done, add them to it; simmer ten minutes, and serve with forcemeat balls.

#### MINCED VEAL.

Cut the meat intended to be minced, (which may be of any cold joint of veal), into very small pieces, shred lemon-peel very fine, gra-

ted nutmeg, add salt and half a dozen table-spoonfuls of white stock, or, if considered preferable, milk : let these simmer slowly without boiling ; when nearly done add butter rubbed in flour, and when it is dressed, round the dish, lay diamonds of toasted bread, each bearing a thin half slice of lemon ; strew fried bread crumbs lightly over the veal, garnish with thin slices of boiled bacon in rolls.

#### GRENADINS OF VEAL.

Is the last piece left with the veins ; after cutting out the fricandeau, the collop which you will see is round, and the cutlet-piece, then this solid round piece, which you will cut in half, and trim it as you did the former, keeping them either round or oval ; lard them and braise them the same as a fricandeau, only less time.

#### GRENADINS FROM A NECK OF VEAL.

About five bones from the best end of the neck ; cut out the fillet close to the bones, trim it free from skin and sinews ; flatten it with your beater, and trim it nicely.

#### EMINCEES.

Are made from dressed meat cut into very small dice ; put fried or toasted bread sippets round the dish ; a mashed potatoe or rice rim is the neatest way for this dish to be sent to table.

#### BREAST OF VEAL STEWED.

Put it into the stewpan with a little white stock, add a glass of sherry, a few mushrooms, a bunch of sweet herbs, three onions, pepper, and salt. Stew till tender ; strain the gravy, and send to table garnished with force meat balls.

#### BREAST OF VEAL BOILED.

Put it into plenty of cold water, and let it come to a boil, clearing the scum as often as it rises ; when it boils, add a bunch of parsley, a few blades of mace, a small bunch of sweet herbs, twenty or thirty white peppers, and let it stew an hour and a quarter, then send to table with a nice piece of bacon, and parsley and butter.

#### BREAST OF VEAL RAGOUT.

Divide the breast lengthways in two, cutting each piece into portions of a reasonable size ; then put them into a pan with boiling butter, and fry a clear brown ; lay the pieces in a stewpan with sufficient veal broth to cover them, throw in a small faggot of sweet herbs and parsley, two onions, one large blade of mace, half a desert-spoonful of allspice, and the peel of a lemon ; season with pepper and salt, cover close, and stew an hour and a half, or longer if the



meat requires it ; then take it off and strain the gravy from the fat keeping the veal closely covered ; in a small stewpan put a little butter and flour, pour in the strained gravy gradually, let it come to a boil, remove any scum that may rise, pour in a glass of sherry or Madeira, two table-spoonfuls of Harvey's sauce or mushroom ketchup, and squeeze in the juice of half a lemon ; boil it up, place the veal in a deep hot dish, pour the gravy over it, and serve.

#### BREAST OF VEAL—FORCED.

After taking out the tendons and all the rib bones, flatten and trim the veal ; spread it all over with forcemeat, and sprinkle over it, if you have got it, a little chopped truffle or mushrooms, and a little pepper and salt : then roll it tightly up and tie it ; after which put it into a cloth and stew it for several hours, then take it up, and take off the cloth and strings, dry it and glaze it, and put some good sauce.

#### SHOULDER OF VEAL.

Remove the knuckle, and roast what remains, as the fillet ; it may or may not be stuffed ; if not stuffed, serve with oyster or mushroom sauce ; if stuffed, with melted butter.

#### SHOULDER OF VEAL BONED AND STEWED.

Bone the shoulder, and lay in the orifice a veal forcemeat ; roll and bind the shoulder ; roast it an hour, then put it into a stewpan with good white or brown gravy, and stew four or five hours, regulating the time to the size of the joint ; when it is done, strain the gravy to clear it of fat, and serve with forcemeat balls.

#### LOIN OF VEAL.

Divide the lion, roast the kidney, and place under the fat a toast, and serve swimming in melted butter. The chump end must be stuffed with the same stuffing as the fillet, and served with the same sauce ; those who object to putting the stuffing in the joint, may send it to table with balls of stuffing in the dish.

#### LOIN OF VEAL BOILED.

Take a loin about eight pounds, skewer down the flap without disturbing the kidney, put the loin into a kettle with enough cold water to cover it, let it come gradually to a boil (it cannot boil too slowly), continue for two hours and a quarter, but it must boil ; remove the scum as it rises, send it to table in bechemel, or with parsley and melted butter.

#### KNUCKLE OF VEAL.

Get a knuckle of a leg of veal, saw it in three parts, but not to

separate it, scald it, and put it for a few minutes in cold water, then place it in a stewpan with some good seasoned stock, an onion or two, a faggot of herbs, a few sprigs of parsley, a carrot, a turnip, and a head of celery, a blade of mace, a slice of raw ham, fat and lean; stew it for several hours, until the gristle is soft, then take out the veal, and cover it over to keep it white; strain the liquor, wash a pound of rice and boil it in this liquor, add half a pint of cream or milk; when the rice is done, put the veal again into it to make hot; dish the veal carefully, and season the rice with pepper and salt, and pour over the veal; if with parsley and butter instead of water, use the stock from it, and chop fine some boiled parsley and mix into it.

#### CALF'S FEET.

They should be very clean, boil them three hours, or until they are tender, then serve them with parsley and butter.

#### CALF'S HEART.

Stuffed and roasted precisely as beef heart.

#### CALF'S KIDNEY.

May be dressed as mutton or beef kidney, or mince it with some of the fat, add cayenne, white pepper, and salt, cover it with bread crumbs and with yolk of egg, make it up into balls, and fry in boiling fresh butter, drain them upon a sieve, and serve them upon fried parsley.

#### CALF'S HEAD FOR GRILL.

When the head is boiled sufficiently, draw out all the bones, and put it to cool, and then cut it (if not required whole,) into square long pieces; egg and bread-crumbs them as you would cutlets, only add some chopped sweet herbs, as well as parsley; put it in your oven to brown.

#### CALF'S HEAD.

Let the head be thoroughly cleaned, the brain and tongue be taken out, and boil it in a cloth to keep it white (it is as well to soak the head for two or three hours previously to boiling, it helps to improve the color); wash, soak, and blanch the brains, then boil them, scald some sage, chop it fine, add pepper and salt, and a little milk, mix it with the brains; the tongue, which should be soaked in salt and water for twenty-four hours, should be boiled, peeled, and served on a separate dish. The head should boil until tender, and if intended to be sent plainly to table should be served as taken up, with melted butter and parsley; if otherwise, when the head is boiled sufficiently tender, take it up, spread over a coat of the yolk of egg well beaten up, powder with bread crumbs, and brown before the fire in a Dutch or American oven.

## CALF'S HEAD, BAKED.

Butter the head, and powder it with a seasoning composed of very fine bread crumbs, a few sweet herbs and sage, chopped very fine, cayenne, white pepper, and salt. Divide the brains into several pieces, not too small, sprinkle them with bread crumbs, and lay them in the dish with the head. Stick a quantity of small pieces of butter over the head and in the eyes, throw crumbs over all, pour in three parts of the dish full of water, and bake in a fast oven two hours.

## TO HASH CALF'S HEAD.

If this dish is to be made of the remains of a head already cooked, there is no necessity to reboil it before it is placed in the stewpan with the other ingredients; if it is made with one as yet uncooked, soak it thoroughly for two hours, parboil it, cut the meat in slices about one inch thick and three inches long, or smaller, if preferred; brown an onion sliced in flour and butter in a stew or sautepan, add to the meat as much rich gravy as the quantity of meat will permit, season with pepper, salt, and cayenne; let it boil, then skim clean, and simmer until the meat is quite tender; a few minutes before you serve throw in parsley in fine shreds and some finely-chopped sweet herbs; squeeze a little lemon in, and garnish with forcemeat balls, or thin slices of broiled ham rolled. If expense is not an object you may add moreals and truffles in the browning.

## CALF'S EARS.

Scald the hair from the ears, and clean them thoroughly; boil them until they are tender in veal gravy, and then blanch them in cold spring water. Serve them in chervil sauce, or in the gravy, thickened and seasoned, in which they were cooked. A sauce may be made of melted butter and mashed chervil, then strained through a seive, and white sauce added. White sauce is sometimes sent up alone with the ears; in that case it should be flavored with mushroom powder.

## CALF'S EARS, STUFFED.

Prepare as above, and make a stuffing of calves' liver, ham grated, fat bacon, bread steeped in cream, sweet herbs, a little mace, a little salt, and bind it with an egg unbeaten. Stuff the ears with it. The ears should be cut very close to the head, and the gristly part sufficiently smooth to enable the ears to stand upright when served. Rub the ears over with egg, and fry them a delicate brown. Serve with brown gravy.

## CALF'S BRAINS.

Wash them, remove the skin and scald them. Dry them well, fry

them in butter, and serve with mushroom sauce. Or, when cleaned and scalded, chop them finely, simmer them with mushrooms, onions parsley sage, and white sauce. Season highly and serve, with fried parsley and fried sippets.

#### CALF'S LIVER.

Lay the liver in vinegar for twelve hours, it will render it firm ; then dip it in cold spring water and wipe it dry, cut it in even slices, sprinkle sweet herbs, crumbled finely, over it, and add pepper and salt, dredge with flour, and fry in boiling lard or butter, the last is preferable ; remove the liver when fried a nice brown, pour away a portion of the fat, and pour in a cupful of water with a lump of butter well rolled in flour, in which a spoonful of vinegar and cayenne or lemon juice has been stirred, boil it up, keeping it stirred all the while, and serve the liver up in it ; thin slices of hot fried bacon should be sent to table with it.

#### FRICANDEAU OF VEAL.

Cut this from a large leg of veal ; placing the bone from you, you bring the meat in front of you and you will see small veins running in different directions ; put your knife in the one which is largest, following it all round, then take that piece off, lay it upon your dresser, clean off the skin, keeping the meat rather high in the middle ; shave it very smooth, lay the end of your rubber upon it, and with your beater beat it well ; take off your cloth and turn it again : keeping it the shape of the veal bone, turn it over flat on a plate, cut off any skin or pipe, then lard it with fat bacon : if for a Jew's family, lard it with smoked beef fat, to be had from their own butcher's, or truffles ; when it is larded put on a stewpan of cold water, place your veal in it, keeping the bacon downwards, or otherwise the acum will settle on the top: skim it, and when it simmers, put your stewpan under the top, and let it dribble gently upon it for five minutes, then turn it over and take it up ; then line a stewpan with fat bacon or ham cut in slices, a carrot, turnip, and onions, a celery, a faggot of sweet herbs, put your fricandeau on a drainer in your stewpan, cover the top with thin slices of bacon, half cover it with some second stock, place it on a slow fire to stew gently, keeping a little all the time on the top ; it will take about three hours, for it should be as tender as to be helped with a spoon ; when done, glaze it several times.

#### VEAL, CURRIED.

Cut the veal to be curried in small pieces—any part of veal, cooked or uncooked, that is palatable, will serve. Put in a stewpan six ounces of fresh butter, add to it half a pint of good white stock and one



table-spoonful of curry powder, put to this the veal to be curried, cover down close, simmer for two hours, squeeze a quarter of a lemon into it, and serve with a dish of boiled rice.

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## MUTTON.

This is a delicate and favorite meat ; it is susceptible of many modes of cooking, and should always be served very hot, and with very hot plates, except of course in cases where it may be sent to table as a cold dish. It is a meat which requires care in the cooking, which it will amply repay. The roasting parts are the better for hanging some time, especially the haunch or saddle, but not for boiling, as the color is apt to be injured.

### HOW TO CHOOSE MUTTON.

The best is of a fine grain, a bright color, the fat firm and white. It is better for being full grown. The meat of the ewe is not so bright, while the grain is closer. The ram mutton may be known by the redness of the flesh, and the sponginess of the fat.

### HAUNCH OF MUTTON.

The haunch should be hung as long as possible without being tainted ; it should be washed with vinegar every day while hanging, and dried thoroughly after each washing ; if the weather be muggy, rubbing with sugar will prevent its turning sour ; if warm weather, pepper and ground ginger rubbed over it will keep off the flies.

When ready for roasting, paper the fat, and commence some distance from the fire ; baste with milk and water first, and then when the fat begins dripping, change the dish, and baste with its own dripping ; half an hour previous to its being done, remove the paper from the fat, place it closer to the fire, baste well, and serve with currant jelly.

### SADDLE OF MUTTON.

This joint like the haunch, gains much of its flavor from hanging for some time ; the skin should be taken off, but skewered on again until within rather more than a quarter of an hour of its being done, then let it be taken off, dredge the saddle with flour, and baste well. The kidneys may be removed or remain at pleasure, but the fat which is found within the saddle should be taken away previous to cooking.



## LEG OF MUTTON ROASTED.

Like the haunch and saddle, should be hung before cooking, slowly roasted and served with onion sauce or currant jelly.

## ANOTHER METHOD.

Put the leg into an iron saucepan, with enough cold water to cover it, and let it come to a boil gently; or boil it by simmering only; have the spit or jack ready, and take it from the hot water and put it to the fire instantly, it will take from an hour and a half if a large joint.

## ROAST LEG OF MUTTON BONED AND STUFFED.

The principal skill required in preparing this dish, is the boning; this must be done with a very sharp knife, commencing on the under-side of the joint, and passing the knife under the skin until exactly over the bone, then cut down to it, and pass the knife round close to the bone right up to the socket, then remove the large bone of the thickest end of the leg, seeing the meat is clear of the bone; you may then draw out the remaining bones easily. Put in the orifice a highly-seasoned forcemeat, fasten the knuckle end tightly over, replace the bone at the base of the joint, and sew it in; roast it in a cradle spit or on a jack, if the latter, let the knuckle end be downwards, as it is less likely to suffer the forcemeat to drop out. It must be well basted, and should be sent to table with a good gravy.

## LEG OF MUTTON BOILED.

Should be first soaked for an hour and a half in salt and water, care being taken that the water be not too salt, then wiped and boiled in a floured cloth; the time necessary for boiling will depend upon the weight: two hours or two hours and a half should be about the time; it should be served with mashed turnips, potatoes, greens and caper sauce, or brown cucumber, or oyster sauce.

## TO DRESS MUTTON HAMS

Soak the ham for five or six hours in cold spring water, unless it has only recently been cured, then one hour will suffice: put it into cold water, boil gently; it will be done in two hours and a half. It is eaten cold.

## MUTTON KIDNEYS BROILED.

Skin and split, without parting asunder; skewer them through the outer edge and keep them flat; lay the opened sides first to the fire, which should be clear and brisk: in four minutes turn them, sprinkle with salt and cayenne, and when done, which will be in three minutes afterwards, take them from the fire, put a piece of butter in-

side them, squeeze some lemon juice over them, and serve as hot as possible.

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## L A M B .

### HOW TO CHOOSE LAMB.

In the fore-quarter, the vein in the neck being any other colour than blue betrays it to be stale. In the hind-quarter, try the kidney with your nose ; the faintness of its smell will prove it to be stale.

### FORE-QUARTER OF LAMB.

This is the favourite, and indeed the best joint. Do not put it too near the fire at first, and when it gets heated baste it well ; the fire should be quick, clear, but not fierce. The usual weight of a fore-quarter is between nine and eleven pounds, which will take two hours cooking ; when it is done, separate the shoulder from the ribs, but before it is quite taken off, lay under a large lump of butter, squeeze a lemon, and season with pepper and salt : let it remain long enough to melt the butter, then remove the shoulder, and lay it on another dish.

### STEAKS FROM A LOIN OF MUTTON

Are done in the same way, only trimming some of the fat off, and cut thick, and stew instead of frying them.

### MUTTON STEAKS.

The steaks are cut from the thick or fillet end of a leg of mutton, and dressed as rump-steaks.

### MUTTON CHOPS BROILED.

Cut them from the best end of the loin, trim them nicely, removing fat or skin, leaving only enough of the former to make them palatable ; let the fire be very clear before placing the chops on the gridiron, turn them frequently, taking care that the fork is not put into the lean part of the chop ; season them with pepper and salt, spread fresh butter over each chop when nearly done, and send them to table on very hot plates.

## MUTTON CHOPS FRIED.

The fat in which the chops are to be fried should be boiling when the chops are put into it. They should be pared of fat and well trimmed before cooking, turned frequently, and when nicely browned they will be done; of course if they are very thick, judgment must be exercised respecting the length of time they will occupy in cooking.

## CHOPS AS BEEF STEAKS.

Cut thick from a leg of mutton, and rub each steak with a shalot; broil over a quick fire; rub your dish with a shalot; when on the dish pepper and salt them; send them up quite hot.

## MUTTON CUTLETS.

Loin chops make the best cutlets. Take off the vertebræ or thickest end of each bone, and about an inch off the top of the bone; put the chops into a stewpan in which has been previously melted a little butter seasoned with salt; stew for a short time, but not until they are brown, as that appearance is accomplished in another manner. Chop some parsley very fine, add a little thyme, mix it with sufficient yolk of egg to coat the chops, which will have been suffered to cool before this addition to them; then powder them with bread crumbs, over which a pinch of cayenne pepper has been sprinkled; broil them upon a gridiron over a clear but not a brisk fire, and when they are brown dish them; lemon juice may be squeezed over them, or the dish in which they are served may be garnished with the thin slices of lemon in halves and quarters.

## ANOTHER WAY.

From not a very fat neck, take off the scrag and the breast bones, leaving the remainder the length you intend the cutlets, then take the chine bone clean off, then the skin and some of the fat; you will now have the mutton free from bones to cut your cutlets, and you will find you can cut fourteen good cutlets from this trimmed neck without any hacking; beat each cutlet with your beater, trim them neatly, be sure to cut out the packwax, and leave a little fat to each cutlet. If for gratin or bread crumbed, prepare some chopped parsley and shalot, and bread crumbs, put some butter to melt in a stewpan, a little of the parsley and shalot, and some yolk of egg, mix it well up together; put your bread crumbs on a sheet of paper, adding to it a little salt and pepper; dip each cutlet into melted butter, put down the bread crumbs with your knife, and lay them on a buttered sautepan until wanted to fry.

## CUTLETS SAUTE.

Cut your neck of mutton precisely as for the crumbed cutlets, have

then ready a piece of butter melted in your sautepan, and dip each cutlet both sides in the butter; when required, fry them a very light color, and pepper and salt them when done; take them up to drain from the fat, have some good glaze melted, and glaze each cutlet both sides; dish them round with or without a rim of mashed potato.

#### CUTLETS IN BUTTER.

Trim them as for former cutlets very neatly; dip each cutlet in butter and fry them; dish them upon a napkin with fried parsley; this you may do with a previously-dressed neck of mutton.

#### MUTTON CUTLETS, MAINTENON.

Trim the cutlets as in the preceeding, half fry them, then cover them with fine herbs and bread crumbs, and season with pepper and salt lay all to cool; have some fresh parsley to add to the already fried herbs and shalots. When cool spread the butter and herbs thick upon each cutlet; sprinkle them with bread crumbs; wrap them in buttered foolscap paper, and broil them over a slow fire until done.

#### BRAISED CUTLETS.

Trim your mutton from the bones as before, then put it whole into a good braise, let it stew gently until tender, and put it aside to get cold; when so, cut your cutlets as thick as the former, trim them neatly, make them hot and glaze them.

#### FILLET OF MUTTON.

Choose a very large leg, cut from four to five inches in thickness from the large end, take out the bone, and in its place put a highly savored forcemeat, flour, and roast it for two hours; it may be sent to table with melted butter poured over it, or a rich brown gravy and red currant jelly.

#### HARICOT MUTTON.

In this dish remove the bones, leave the fat on, and cut each cutlet thick; fry them over a quick fire to brown; twelve cutlets will make this dish; put them into a proper sized stewpan with a little good second stock, pepper and salt, a little piece of sugar, cover it over and stew gently over a slow fire; when tender, strain off sufficient stock for the sauce.

#### HASH

Is made from former-dressed mutton, leg or saddle, cut in nice thin-shaped pieces, and put into some good brown sauce.

## HASH MUTTON.

Cut the cold mutton into slices as uniform in size as possible, flour them, pepper and salt them, put them into a stewpan with some gravy made of an onion stewed, with whole pepper and toasted bread, in a pint of water, to which a little walnut ketchup has been added—this gravy should be stewed two hours before using. Do not let the hash boil; when it is done, add a little thickening of butter, flour and water, if required, and serve up with sippets of toasted bread.

## IRISH STEW.

Cut a neck of mutton as far the haricot; blanch the chops in water, then put them into another stewpan with four onions cut in slices, put to it a little of your second stock, and let it boil a quarter of an hour; have ready some potatoes pared, put them into the stewpan with the mutton, with salt and pepper. As some like the potatoes whole and some mashed, as to thicken the stew, you must boil them accordingly; dish the meat round, and the vegetables in the middle.

## TO MAKE A SCOTCH HAGGIS.

Take the stomach of a sheep. The washing and cleaning is of more consequence than all, as it will be a bad color and a bad taste if not well cleaned; when clean, turn it inside out, then let it lie for a day or two in salt and water. Blanch the liver, lights, and heart of the sheep, lay them in cold water, chop all very fine—the liver you had better grate,—chop very finely a pound of the suet, and dry in the oven a pound of oatmeal; mix all this well together, season with pepper and salt, a little chopped parsley and onion; then sew up the bag; before you finish sewing it, add a few spoonfuls of good white stock; put it in a stewpan with a drainer; boil it in water, keeping it well covered all the time, and prick it all over with a small larding pin, to keep it from bursting; it will take several hours to boil; be careful in taking it up, and let your dish be large enough.

## LEG OF MUTTON BRAISED.

Procure a small leg of mutton of choice flavor, as it is best fitted for braising; take off the knuckle neatly, divide it into two or three pieces, trim the leg of all the superfluous edges, and then half roast it; place it with the broken knuckle into a stewpan, add the trimmings with half a dozen slices of rich fat bacon, thyme, knotted marjoram, and other sweet herbs, an onion stuck with cloves, and about half an ounce of butter rolled in flour; stew the whole gently, shaking it occasionally, and turn it while stewing; when it is tender, take it



up, skim the gravy, strain, boil it fast until it is reduced to a glaze, and serve.

TO SEND A LEG OF MUTTON NEATLY TO TABLE WHICH HAS BEEN CUT FOR A PREVIOUS MEAL.

Too much must not have been cut from the joint, or it will not answer the purpose. Bone it, cut the meat as a fillet, lay forcemeat inside, roll it, and lay it in a stewpan with sufficient water to cover it; add various kinds of vegetables, onions, turnips, carrots, parsley, &c., in small quantities; stew two hours; thicken the gravy, and serve the fillets with the vegetables round it.

#### SHOULDER OF MUTTON.

Must be well roasted, and sent to table with the skin a nice brown and serve with onion sauce.

#### LOIN OF MUTTON STEWED.

Remove the skin, bone it, roll it, then put it in a stewpan with a pint and a half of water, two dessert-spoonfuls of pyroligneous acid, a piece of butter, sweet herbs, and an onion or two; when it has stewed nearly four hours, strain the gravy, add two spoonfuls of red wine, hot up, and serve with jelly.

#### BREAST OF MUTTON.

May be stewed in gravy until tender; bone it, score it, season well with cayenne, black pepper, and salt; boil it, and while cooking, skim the fat from the gravy in which it has been stewed, slice a few gherkins, and add with a dessert-spoonful of mushroom ketchup; boil it, and pour over the mutton when dished.

#### BREAST OF MUTTON CRUMBED OR GRATIN.

If one breast of mutton, cut off the chine bone down to the gristle; if you have a stock-pot on, put the breast of mutton into it, let it boil until tender, then take it up to cool; have ready as for the crumbed cutlets, adding to the butter and egg a little chopped mushroom which strew all over it with a paste brush; then put it on a dish and place it in the oven to brown; the sauce will be under it when dished.

#### NECK OF MUTTON.

This dish is most useful for broth, but may be made a pleasant one by judicious cooking. To send it to table merely boiled or baked, is to disgust the partaker of it. When it is cooked as a single dish, first boil it slowly until nearly done, then having moistened a quanti-

ty of bread crumbs and sweet herbs, chopped very fine, with the yolk of an egg, let the mutton be covered with it, and placed in a Dutch or American oven before the fire, and served when nicely browned. The breast may be cooked in the same manner.

#### TO STEW A BRISKET OF LAMB.

Cut it into pieces, pepper and salt well, and stew in sufficient gravy to cover the meat until tender, then thicken the sauce, and pour in a glass of sherry ; serve on a dish of stewed mushrooms.

#### SWEETBREADS.

Should be soaked in water, put for eight or ten minutes in boiling water, and then into clear cold spring water, to blanch. They may be cut in slices, or in dice, and put into fricasees of meat or ragouts, or they may be served as a separate dish.

#### SWEETBREADS AS CUTLETS.

If you cannot get heart sweetbreads, you must use the throat. Blanch them for about ten minutes, then put them to cool in cold water ; then take them out and dry them in a cloth, cut longways twelve or fourteen pieces for cutlets, making them a nice shape ; if you wish for them to be white saute cutlets, you must put some butter or lard in your cutlet-pan, juice of a lemon, a little white pepper, and salt ; do not color them, but take them up and lay them upon white paper to soak up the grease from them ; dish them round upon a tureen, and pour the sauce upon the middle of them.

#### LAMB'S HEAD.

Wash well a lamb's head and pluck, take out the brains, blanch them by themselves, boil the head and pluck for about a quarter of an hour, take it up to cool, take out the tongue, trim the two halves of the head neatly, and score it, then egg and bread-crumbs them as you would cutlets, and brown them in the oven or before the fire. Cut up in small dice in equal quantities the tongue, liver, heart, and lights ; fry in a stewpan a little chopped parsley, shallot, and mushroom if you have it, to a nice light brown ; dry up the butter with flour, use some good second stock or brown sauce ; season with lemon, cayenne pepper, salt, and a dust of sugar, put the emincees under the head, the brain, egg, and crumb in four pieces, and put round.

#### SHEEP OR LAMB'S TROTTERS.

Get a dozen or two of trotters, stew them for several hours, until all the bones will come from them ; save the liquor ; do not break the skin, stuff them with good quenells or forcemeat ; return them again into the stock, boil them about fifteen minutes, and glaze them ; sauce is good with them, or you may fry them with butter

## SADDLE OF LAMB.

This joint is now seen nearly as frequently at table as the fore-quarter, and, if well cooked, is certainly fine eating. Roast it quickly, but be very careful neither to scorch it nor to take it from the fire until it is done; baste with the fat and gravy which fall from it, and in an hour and three quarters it will be done, unless larger than common, and then it will take two hours: serve with mint and cucumber sauce.

## TO ROAST A LEG OF LAMB.

The rules laid down for roast mutton must be scrupulously observed with respect to lamb; let it roast gradually, and commence a distance from the fire; a leg of five pounds will take an hour and a quarter, one of six pounds will take an hour and a half.

## TO BOIL A LEG OF LAMB.

Put in sufficient clear cold soft water to cover it, let it remain half-an-hour; a table-spoonful of vinegar or half a handful of salt may be thrown in; put it into a thin white cloth which has been floured, and boil it; a good-sized bundle of sweet herbs may be thrown into the saucepan; if six pounds, it will be done in an hour and a half; serve with spinach or French beans; if sent to table cold, tastefully lay handsome sprigs of parsley about it; it may, while hot, be garnished with parsley, with thin slices of lemon laid round the dish.

## P O R K.

When in season, the frequency of its appearance upon a homely table is no small proof of the estimation in which it is held. Like veal, it is indigestible, especially when it is underdone. In roasting or in boiling, ample time should be allowed for the joints. Pork is always salted for boiling, and is much liked in this form. When sent to table roasted, apple sauce should in every case accompany it

## HOW TO CHOOSE PORK.

In young pork the lean when pinched will break; the thickness and toughness of the rind shows it to be old. Measly pork may be detected by the kernels in the fat; it should not be eaten. Dairy-fed pork bears the palm over all others.

## TO ROAST A SUCKING PIG.

A sucking pig should be dressed as soon after being killed as practicable. When scalded and prepared for cooking, lay in the belly a

stuffing of bread, sage, and onions, pepper and salt, with a piece of butter, then sew it up, rub the skin of the pig with butter, skewer the legs back, that roasting the inside as well as outside of the pig may be thoroughly browned. It must be put to a quick fire, but at such a distance as to roast gradually, and a coating, of flour should be dredged over it that it may not blister, or it should not be left a minute; if floured, when the pig is done scrape the flour off with a wooden or very blunt knife, and rub it with a buttered cloth; cut off the head, and dividing it, take out the brains, mix them with a little gravy or bread sauce; divide the pig in half from the neck to tail, and lay each inside flap upon the dish, so that the two edges of the back touch; place each half of the head with the outer side uppermost at each end of the dish, and an ear on each side; the gravy should be poured in the dish hot, and the whole served as hot as possible; as a matter of convenience it is often sent to the baker's oven; a large piece of butter should accompany it for the baker to baste it with, and upon its return, it should be cut and served as above.

#### A LEG OF PORK ROASTED.

The pork should be young and dairy-fed; score the skin with a sharp penknife; a little fresh butter is sometimes rubbed over the skin to make it brown and crisp without blistering. Chop some sage that has been scalded very fine, add to it an onion parboiled, mix some bread crumbs and a small portion of finely-chopped apple; mix altogether, season with pepper and salt, make an incision by separating the skin from the fat in the under and fillet end of the leg, and place the stuffing there; serve up with apple sauce. The time of roasting will depend upon the size of the leg.

#### A LEG OF PORK BOILED.

After having been salted, it should be washed in clean cold water, and scraped thoroughly white and clean preparatory to cooking; it should then be put into a floured cloth, and into cold water on the fire; when the rind is quite tender the pork will be done. Let the water be well skimmed, and serve with such vegetables as are in season. Should the joint be large, allow a quarter of an hour to each pound, with an additional twenty minutes from the time it boils.

#### LOIN OF PORK.

Should, like the leg, be scored before roasting, and well jointed, to make the chops separate easily, and then roast as a loin of mutton; or it may be put into enough water to cover it; simmer until it is nearly done, then take it out, strip the skin off, coat it well with yolk of egg and bread crumbs, and roast for about a quarter of an hour, or until it is thoroughly done.



## SPARE RIB.

A spare rib will take two hours and a half to roast, unless very large, and then three hours will be required to cook it thoroughly; while roasting, baste with butter and dredge with flour, pound some sage, and powder the spare rib with it about twenty minutes before it is done; a pinch of salt may be added.

## BOILED PORK—OF ALL KINDS.

The leg you must skin the same as ham, and dish it back part upwards, and glaze it; place a ruffle at the knuckle; use for sauce, sauer kraut, or stewed red cabbage; peas pudding to all pork when boiled.

## FIG'S CHEEK—A HALF ONE.

Boil and trim in the shape of ham and if very fat, carve it as a cockle-shell; glaze it well, or put bread crumbs and brown them; sauce as before.

## PORK CUTLETS.

Cut from a neck, or what is called the fore-loin of pork, the best end; trim it as you do lamb or mutton, leaving a little fat; scrape the bone, rub or chop some sage fine, with a very little piece of shalot, mix it up with only sufficient bread crumbs, put black pepper and melted lard, press the crumbs well upon the cutlets, have a saucepan greased with lard, lay them into it, fry them a nice light brown, take them up and dry them on paper, and dish upon mashed potatoes; use tomato sauce, or any other as to palate.

## PORK CHOPS OR STEAKS.

Cut from the best end of the loin, or from the chumy or leg if steaks: remove the fat and skin and turn them frequently and quickly while broiling; if your gridiron be of the old fashion it is better to keep it aslant on the fire, the handle being the lowest part, it prevents very much of the fat from falling into the fire, the flare of which is apt to impart a disagreeable flavor to the chops; this observation applies also to mutton chops, and will be found useful if followed: sprinkle them with salt when nearly done, and rub with a little fresh butter previous to serving; if for a side-dish garnish with crisped parsley.

## FIG'S HEAD BAKED.

Let it be divided, and thoroughly cleaned; take out the brains, trim the snout and ears, bake it an hour and a-half, wash the brains thoroughly, blanch them, beat them up with an egg, pepper and salt, some finely chopped or pounded sage, and a small piece of butter; fry them, or brown them, before the fire: serve with the head.



## FIG'S HEAD BOILED.

This is the more profitable dish, though not so pleasant to the palate ; it should first be salted, which is usually done by the pork butcher, it should be boiled gently an hour and a-quarter ; serve with vegetables.

## PETTITOEES.

Put them in just sufficient water to cover them, add the heart and liver, boil them ten minutes, then take out the liver and heart, and mince them small, return them to the feet, and stew until quite tender ; thicken with flour and butter, season with pepper and salt, and serve up with sippets of plain or toasted bread ; make a pyramid of the minced heart and liver, and lay the feet round them. When pettitoes are fried, they should first be boiled, then dipped in butter, and fried a light brown.

## FIG'S HARSLET.

Is made with the liver and sweetbreads, which must be well cleaned ; add to them pieces of pork, both fat and lean, chop finely sage and onions, season with pepper and salt, and mix with the preceding ; put them in a cowl, tie it closely, and roast. It may also be baked. Serve with a sauce of port wine, water, and mustard, just boiled up, and put into the dish.

## TO CURE HAMS.

Pound some bay salt, saltpetre, common salt, and some coarse sugar, mix it well together, then put it all in to get hot, and while hot, rub the hams well with this, repeating it every morning for a week ; then let them lie in the brine for another week, until all is well incorporated in the meat ; then take them out to drain on dishes, flour them, and hang them up to dry. You must be guided a good deal by the size of the hams.

## TONGUES.

You will first lay in salt, then use the same preparations as in the preceding, daily ; about ten days will do for the tongues ; sheep's tongues may be done the same way, but in less time.

## TO BAKE A HAM.

Put the ham in soak previous to dressing it ; if an old one, two hours will be required, but if not very old, an hour will suffice. Wipe it very dry, and cover it with a paste about an inch in thickness. The edges being first moistened, must be drawn together, and made to adhere, or the gravy will escape. Bake it in a regular well-heated oven, it will take from three to six hours, according to its weight ;

when done, remove the paste, and then the skin. This must be done when the ham is hot. If well baked, and not too salt, it will prove of finer flavor than if boiled.

#### HAM RASHERS, OR SLICES,

May be toasted, broiled or fried, and served with spinach and poached eggs, or boiled green peas. Stewed with green peas, or cut in thin slices, divided in four pieces, each piece rolled and fastened with a skewer, roasted in a Dutch oven, and served with peas. They should in all cases, be cut in even thickness, and cooked without injuring the color. Bacon may be dressed in the same variety.

#### TO BOIL BACON.

If very salt, soak it in soft water two hours before cooking. Put it into a saucepan with plenty of water, and let it boil gently; if two or three pounds, it will take from an hour to an hour and a quarter; if larger, an hour and forty minutes will suffice. If a fine piece of the gammon of bacon, it may, when done, have the skin, as in hams, stripped off, and have finely powdered bread raspings strewed over it.

#### BACON, TO BROIL.

Make up a sheet of paper in the drippingpan, cut your bacon into thin slices, cut off the rind, lay the bacon on the paper, put it over the gridiron, set it over a slow fire, and it will broil clearly.

#### BACON AND CABBAGE.

Boil some fine streaked part of bacon with a little stock, and the ends of eight or ten sausages; boil in the same stock some white cabbages for two hours, adding salt and spice, and serve very hot; place your sausages and cabbage round your dish, and the bacon in the middle.

#### BACON AND EGGS.

Take a quarter of a pound of streaked bacon, cut it into thin slices, and put them into a stewpan over a slow fire, taking care to turn them frequently; then pour the melted fat of the bacon into a dish, break over it seven or eight eggs, add two spoonfuls of gravy, and a little salt and pepper, and stew the whole over a slow fire, pass a salamander over it, and serve.

#### BACON TOAST.

Cut some thin slices of bread, about two or three inches long, and some streaked bacon in small pieces, dip them into a raw egg beaten up with shred parsley, green onions, shalots, and pepper, fry over a slow fire, and serve with clear sauce and a little vinegar in it.

## P O U L T R Y.

The best sort of poultry for table is the Dorking breed, they are five-toed, have white legs, and feathers of a greyish-white color.

About three weeks before you want to use them, six or twelve fowls, according to your consumption, should be put into the coop, and, as you kill one or more, replace them, to keep up the stock; for the first week feed them alternate days with boiled rice and soaked bread and milk, the remainder of the time mix barley-meal with the skimmings of your stock-pot and a spoonful of moist sugar; the windows of your poultry-house must be darkened.

Fowls should be carefully drawn, so that the gall bladder is uninjured, and should only be done through the vent.

Roast with a brisk and clear fire. A capon will take five and thirty minutes; smaller fowls a less time in proportion. A turkey of fourteen pounds will take two hours; the time will increase or decrease with the weight. The same rule applies to geese; a large one will take an hour and a half, chickens take half an hour, pigeons ten minutes less. It must be understood that the adherence to the time will depend on the state of the fire, &c.; a slow fire will make a longer time necessary, and, at the same time, spoil the poultry.

## POULTRY AND GAME HOW TO CHOOSE.

Turkey.—The cock bird, when young, has a smooth black leg with a short spur. The eyes bright and full, and moist supple feet, when fresh; the absence of these signs denotes age and staleness; the hen may be judged by the same rules.

Fowls like a turkey; the young cock has a smooth leg and a short spur; when fresh, the vent is close and dark. Hens, when young, have smooth legs and combs; when old, these will be rough; a good capon has a thick belly and large rump, a poll comb, and a swelling breast.

Geese.—In young geese the feet and bills will be yellow and free from hair. When fresh, the feet are pliable; they are stiff when stale.

Ducks may be selected by the same rules.

Pigeons, when fresh, have supple feet, and the vent will be firm; if discolored and supple, they are stale.

Plovers, when fat, have hard vents; but, like almost all other birds, may be chosen by the above rules.

Hares.—When a hare is young and fresh, the cleft in the lip is narrow, the body stiff, the ears tear easily, and the claws are smooth and sharp; and old and stale hares will be the opposite of this. Rabbits the same.

Partridges.—Yellow legs and a dark bill are signs by which a young bird may be known, and a rigid vent when fresh. When this part is green the bird is stale.

#### TO BONE BIRDS.

Begin to bone any birds by first taking out the breast bone, when you will have sufficient space to remove the back with a sharp knife, and then the leg bones; the skin must not be broken but the meat of the legs must be pushed inwards.

#### TURKEY ROAST.

It is stuffed with either sausage meat or fillet of veal stuffing. While roasting, a piece of paper should be placed over the part stuffed, as, being bulky, it will catch the fire and become scorched, but keep the heat well to the breast, in order that it may be as well done as the rest of the bird. Baste well, and froth it up. Serve with gravy in the dish, and bread sauce in a tureen. To the sausage meat, if used, add a few bread crumbs and a beaten egg. Turkey is sometimes stuffed with truffles; they are prepared thus: they must be peeled, and chopped, and pounded in a mortar, in quantities of a pound and a half; rasp the same weight of the fat of bacon, and mix it with the truffles. Stuff the turkey with it; this stuffing is usually placed in the turkey two days previous to cooking, it is supposed to impart a flavor to the flesh of the fowl. Cut thin slices of fat bacon, and place over the breast of the turkey. Secure it with half a sheet of clean white paper, and roast. Two hours will roast it.

#### TURKEY BOILED.

A hen bird is considered the best. It may be stuffed with truffles, or sausage meat. Boil it in a clean floured cloth; throw some salt into the water in which it is boiled. Cover cloth, and simmer for two hours, removing the scum frequently. Serve with white sauce, or parsley and butter.

#### TURKEY HASHED.

Cut up the remains of a roasted turkey, put it into a stewpan with half a gill of sherry, shalots, truffles, mushrooms, chopped parsley, salt, pepper, and a little stock; boil half an hour, and reduce to a thick sauce. When ready, add a pound of anchovies, and a squeeze of lemon. Skim the sauce free from fat, and serve all together.

#### TURKEY LEGS BROILED.

Braise some undressed legs of turkey until tender, dip them in melted butter, or clear salad oil; broil them a fine brown color, and serve with sauce.



## TURKEY POULT.

Should be roasted without stuffing ; it will be done with a clear fire in twenty minutes. Serve with bread or gravy sauce.

## TO ROAST A GOOSE.

Goose in itself is of a strong rich flavor, and requires both nicety in the cooking, as well as in the stuffing, to obviate that strength of flavor. There are many modes of stuffing ; for one mode, take two moderate sized onions, and boil them rapidly ten minutes, then chop them finely, mince sage to the quantity, of half the onion, add of powdered bread twice as much as of onion, pepper and salt it, introducing a little cayenne, and then bind it with the beaten yolk of an egg. Potatoes mashed are sometimes introduced, but not frequently, into the body ; they should be mashed with floury potatoes mixed with a little fresh butter and cream, rather highly seasoned with cayenne and salt. Both ends of the goose should be secured when trussed, that the seasoning may not escape. It should be roasted before a quick fire, and kept constantly basted ; a piece of white paper may be placed over the breast while roasting, until it rises, and then it may be removed ; it will take from an hour and a half to an hour and three quarters ; serve with a rich brown gravy and apple sauce.

Previous to sending to table, a flavoring may be made as follows :—to a dessert-spoonful of made mustard, add a quarter of a tea-spoonful of cayenne pepper, about the same quantity of salt, mix it evenly with a glass of port wine, and two glasses of rich gravy, make it hot, cut a slit in the apron of the goose, and pour it through just previously to serving.

## TO ROAST DUCKS.

Ducks should be well plucked without tearing the skin, all the plugs being removed. Some cooks go so far as to skin the duck, holding it a minute by the feet in scalding water, that the skin may peel easier ; clean the insides thoroughly with a little warm water, and stuff them with the same stuffing as for geese, using a little more bread for the sake of mildness ; roast them before a brisk fire, but not too close, and baste very frequently ; they will take from half an hour to an hour, according to the age and size ; when the breast plumps, they will be just done ; serve them with a rich brown gravy.

## TO BOIL DUCKS.

Clean and pluck them, taking care that the skin be preserved from rents while plucking ; salt them for about thirty hours previous to cooking ; flour a clean white cloth and boil them in it, a moderate sized duck will take about an hour's boiling, make a rich onion sauce with milk, and send it to table with the duck. When the duck is



boiled fresh it may be stuffed as for roasting, and served with the same description of gravy.

#### STEWED DUCK.

The ducks should be cut into joints, and laid in a stewpan with a pint of good gravy, let it come to a boil, and as the scum rises remove it; season with salt and cayenne, and let them stew gently three quarters of an hour, mixing smoothly two tea-spoonfuls of fine ground rice, with a glass of port, which stir into the gravy, and let it have seven or eight minutes to amalgamate with it, then dish and send to table very hot.

#### WILD DUCKS, OR TEAL.

You must be very particular in not roasting these birds too much; a duck about fifteen minutes, with a good fire; baste them very frequently; teal will, of course, take less time, but your fire and motion of the spit must be attended to, and when you dish it, unless preferred to be done by the gentleman at the table, draw your knife four times down the breast; have ready a little hot butter, and juice of a lemon, cayenne pepper, a little dust of sugar, a glass of port wine, pour it all hot, at the last minute, over your ducks; the remainder left of these birds the next day makes excellent salmi or hash, taking care of all the gravy that may remain.

#### WILD DUCKS.

These birds require clean plucking and clean washing, which may be done by pouring warm water through the body after it has been drawn; half an hour before a brisk fire will suffice to roast them, and stuffing is not required. When it is sent to table, the breast should be sliced, and a lemon squeezed over it, the slices of the breast and the wings are the only parts really worth eating to a sensitive palate the strong flavour of the bird rendering it a dish only for those with peculiar tastes.

#### ROAST FOWLS.

If nicely trussed, make a stuffing of butter and some pepper, dry up the butter with a few bread crumbs, baste it well, adding flour and salt before you take it from the fire. If approved of, stuff the fowl with some good sausage-meat, truffles, or chestnuts.

#### BOILED FOWLS.

Flour a white cloth, and put the fowls in cold water, let them simmer for three quarters of an hour; serve with parsley and butter, or oyster or celery sauce. The fowls may be covered with a white sauce if sent cold to table, and garnished with coloured calf's foot jelly of the hue of beetroot.

## FOWL BROILED.

Separate the back of the fowl, and lay the two sides open ; skewer the wings as for roasting, season well with pepper and salt, and broil ; send to table with the inside of the fowl to the surface of the dish, and serve mushroom sauce ; it is an admirable breakfast dish when a journey is to be performed.

## FOWL, ETC., HASHED.

This receipt will serve for any but the very larger species of poultry or game. Joint them, and cut a cutlet from each side of the breast : break the bones of the body, and put all into a stewpan with a pint of water, a small fagot of sweet herbs, one carrot sliced and an onion : let it stew an hour and three quarters, or two hours, then skim the fat from the gravy as it rises, strain it, skim again, and pour it into another stewpan ; thicken with a little butter and flour, and flavour with Harvey's sauce, or any sauce applicable to such a dish, a little pepper and salt, and ground nutmeg, or mace for seasoning ; add the fowl, and heat it thoroughly through without permitting the hash to come to a boil. Sippets of toasted or fried bread cut in dice surround the dish, in the centre of which the fowl is handsomely laid.

## GUINEA FOWL, ROASTED.

The bird has very much the flavour of a pheasant, and should be allowed to hang as long as it can without being too far gone ; it may be then trussed and dressed as a pheasant, or as a turkey. Serve with a rich brown gravy and bread sauce ; it will take from forty-five to fifty minutes to roast.

## MADE DISHES OF POULTRY.

Partly roast the fowl, cut it up, detach the wings and legs, carefully dividing side bones, neck bones, breast and back, in as handsome pieces as possible ; take eight or ten large onions, which cut in slices of moderate thickness, make in a stewpan a layer of the sliced onion with some chopped parsley, then lay upon it some of the fowl, again a layer of the onion and parsley until the whole of the fowl and onion are used. place two bay leaves, about as much salt as would fill a large tea-spoon, four table-spoonfuls of olive oil, or, if that is not to the palate, substitute cream ; it should simmer gently until it is done and then be dished, the onion in the middle, serve with a little sauce.

## AN INDIAN PILAU.

Truss a fowl, as for boiling, pass it a few minutes in the oven, raising it up with bacon or buttered paper ; fry some onions, a few bruised coriander seeds, and a few cardamum seeds whole, fry a nice

light colour four onions cut in slices, adding to this a gill or more of cream, when all fried in a little butter ; put in your fowl with some good veal stock, have ready some rice boiled in milk for two minutes, skim it off and add it to the fowl, frequently looking at it, and moving it, to keep it from sticking or burning ; let your fowl stew for a quarter of an hour before you add the rice, and do not let the rice get mashed ; season with cayenne pepper and salt, putting all the rice and liquor round the fowl. You can use rabbits, chickens, quails, or veal instead of fowl, the same way.

#### CHICKENS BOILED.

Care should be taken to select the chickens plump, or they form a meagre dish ; they should receive much attention in the boiling ; they require less time than a fowl, and are sent to table with white sauce, and garnished with tufts of white broccoli.

#### CHICKENS PULLED.

Remove the skin carefully from a cold chicken, then pull the flesh from the bones ; preserving it as whole as you can. Flour them well and fry them a nice brown in fresh butter ; draw them, and stew in a good gravy well-seasoned ; thicken a short time before serving with flour and butter, and add the juice of half-a-lemon.

#### CUTLETS OF CHICKEN.

Remove the skin of two or three chickens. Bone all the joints except the wings, unless the fowl is very fleshy, and then remove them also, removing likewise breast bones ; flatten the flesh, and spread over them a seasoning of salt, cayenne, grated nutmeg and mace, the salt being in the greatest proportion. Coat them with beaten egg and bread crumbs, and fry them a nice brown. Have ready some good brown gravy seasoned and flavored with lemon pickle. Lay the cutlets in the centre of the dish, and pour the gravy over them.

#### PIGEONS ROASTED.

Veal stuffing for pigeons, it improves the flavor ; they must be fresh and well cleaned ; butter and parsley may be served with them ; but parsley alone as a stuffing, though frequently used, is by no means so palatable as the veal stuffing, or one made with veal, the fat of bacon, and the crumbs of bread soaked in milk, and well seasoned. They are sometimes stuffed with truffles, or chesnuts and bacon, as turkey, covered with thin slices of fat bacon enwrapped in vine leaves instead of paper. They receive a fine flavor, but are they worth so much trouble ?

## PIGEON—BROILED.

Split the backs, season them highly, lay them over a clear brisk fire, and serve with mushroom sauce.

## PIGEONS STEWED.

Take a white cabbage, cut it as if for pickling, then rinse it in clear cold water, drain it well, and put it into a saucepan with equal quantities of milk and water, boil it, strain off the milk, and take a portion of the cabbage and lay it in a stewpan; soak the pigeons for half an hour in cold milk and water, season them well with salt and pepper, adding a little cayenne; then place them in the stewpan with the cabbage, cover them over with what remains, add some white broth, stew slowly until the pigeons are tender, thicken with a little cream, flour, and butter, let it boil, and serve up the pigeon with a puree of the cabbage.

## PIGEONS IN JELLY.

Make some jelly of calf's foot, or if you have the liquor in which a knuckle of veal has been boiled, it will answer the same purposes; place it in a stewpan with a bunch of sweet herbs, a blade of mace, white pepper, a slice of lean bacon, some lemon peel, and the pigeons, which, being trussed, and their necks propped up to make them appear natural, season to your palate. Bake them; when they are done remove them from the liquor, but keep them covered close, that their color may be preserved. Remove the fat, boil the whites of a couple of eggs with the jelly to clear it, and strain it; this is usually done by dipping a cloth into boiling water, and straining it through, as it prevents anything like scum or dirt sweeping through the strainer. Put the jelly rough over and round the pigeons.

## TO POT PIGEONS.

Season them well with pepper, cayenne, a little mace, and salt, pack them closely in a pan, cover them with butter, and bake them; let them get cold, then take off the fat; and put the pigeons into pots, pouring melted butter over them.

## WOOD PIGEONS.

May be dressed exactly as tame pigeons, save that they require rather less time in the cooking, and the gravy or sauce should be richer and of higher flavor.

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 G A M E, & C.

## VENISON—THE HAUNCH.

"The observed of all observers," when venison epicures sit at table; it is a joint, if properly kept, properly cooked, and served hot, must



prove delicious to the palate. It should always hang a considerable length of time, for the delicacy of its flavor is obtained by hanging only ; if it be cooked while fresh, it will not equal in any respect a haunch of mutton.

The haunch of venison, when about to be roasted, should be washed in warm milk and water, and dried with a clean cloth ; if it has hung very long and the skin smells musty, it will be the safest plan to remove the skin, and wrap the whole of the haunch in paper well greased with fresh butter. During the time it is at the fire, do not be afraid of basting it too much, it will require all the cook is likely to give it ; if it be a buck haunch, and large, it will take nearly four hours ; if comparatively small, three hours and a half will suffice ; if a doe haunch, three hours and a quarter will be enough. Remove the paper when it is done enough, and dredge quickly with flour, to produce a froth. Dish it and serve, but let there be nothing with it in the dish ; the gravy should be sent to table in its proper dish, accompanied by currant jelly. The haunch is not unfrequently roasted in a paste, which in its turn is enclosed in paper, and removed when the joint is nearly cooked. The above is the simplest and not the least palatable mode of sending it to table.

#### TO DRESS VENISON.

All venison for roasting should have a paste made of lard over it ; after having papered the meat with buttered paper, then your stiff paste upon the top of that, either dangle it or put it in a cradle spit ; a few minutes before you require to take it up take off the paste and paper, baste it with some butter, salt it and flour it ; when done give it a few more turns round, and send it up very hot, your dish and gravy to be very hot also ; any dry pieces and the shank you will boil down with a little brown stock for the gravy ; send currant jelly in a boat, and French beans in a vegetable dish.

#### HASHED VENISON.

Cut and trim some nice thin slices of venison, fat and lean ; have a nice brown sauce made from the bones in scrag of the venison, put the meat you have cut into this sauce with the gravy that has run from the venison, and a glass of port wine. Cut up some of the fat into pieces an inch thick, put the fat in a stewpan, and some hot stock upon them ; when you have dished up your hash, which should be in a hot water dish, with a holey spoon, take out the fat, and sprinkle it all over the hash ; send up currant jelly.

#### PARTRIDGES.

Should not be stuffed. Grate bread crumbs into a shallow dish, place them before the fire to brown, shaking them occasionally, and send them to table with the birds.



## PARTRIDGE—BROILED.

Let the partridge hang until longer would make it offensive, then split it, and take a soft clean cloth and remove all the moisture inside and out ; lay it upon a gridiron over a very clear fire, and spread a little salt and cayenne over it. When it is done, which will be in twenty minutes, rub a little butter over it, and send it to table with mushroom sauce.

## PARTRIDGES STEWED.

Partridges are differently trussed for stewing to what they are for roasting, the wings are fixed over the back, and the legs skewered. Take a piece of bacon, and put it with a small piece of butter in a stewpan ; fry it brown, put in the partridges so that the bacon covers the breast, and let them be very brown : add half a pint of gravy. Boil a cabbage, so that it is ready by the time the partridges are fried brown, chop it with pepper and salt, and a lump of butter. Add it with the gravy to the partridges, and stew slowly for an hour ; when dishing, place the bacon in the centre of the dish, lay the partridges upon it, and make a wall of the cabbage round. While stewing, turn the partridges often.

## TO ROAST GROUSE.

Dress the birds as above, and serve on a toast ; they will require twenty minutes less than black cock in roasting. When they are sent to table without the toast, serve with fried bread crumbs and bread sauce, or brown gravy instead of the bread crumbs.

## STUFFING FOR A HARE.

After having either scraped or scalded the liver, scrape some fat bacon, a little suet, some parsley, thyme, knotted-majoram, a little shalot, a few crumbs of bread, pepper and salt, a few grains of nutmeg, beat it all well in a mortar with one egg, but if your hare is boned it will take more. You can dress a boned hare two ways : either taking each bone out but the head and the point of the tail ; but this will not keep so good a shape as if you only took out the back and rib bones, leaving the shoulders and legs on ; this way, when stuffed, will keep its shape best.

## PLOVERS.

These birds must not be drawn, roast them before a brisk fire, but at a distance, and serve on toast with melted butter.

## WOODCOCKS AND SNIPES

Should not be drawn, but have toast as for grouse under them, passing out the tail, and chop it and spread it on the bird, lay them under the heads in the dripping pan.

## WOODCOCKS AND SNIPES.

Roast them undrawn, serve them upon a toast, and take nothing with them but butter.

## RABBITS.

You will roast the same as hares ; and if required to be stuffed—melted butter, chopped parsley, and the liver chopped, pepper and salt.

## RABBIT.

Rabbits will form excellent side dishes, providing they are boned neatly, larded, and braised ; they may also be lined inside with bacon cut in thin slices, the fatter the better, and a stuffing added, which may be either the same as hare or veal.

## RABBITS.

Fillet those the same as fillets of hare. You may if you wish, leave the fillet adhering to the leg, when removed so far from the back, turn it over upon the leg, and lard with bacon or truffles that side ; the bones are most excellent in your clear stock.

## TO ROAST RABBITS.

The rabbit should hang in its skin from four to five days, as the weather will permit, then skin it, and make a strong seasoning of black pepper, ground allspice, cayenne, a little nutmeg, three parts of a gill of vinegar, and the same quantity of port wine. Let it remain in this pickle a day and a half, turning and rubbing it frequently ; stuff it, and truss it as a hare, and serve with the same sauce.

## RABBIT, ROASTED.

Truss it with the head on, blanch the liver, heart, and kidneys, and chop them fine, with a little parsley and shalot, and some pepper and salt, put it into a little gravy and butter, and boil it a little ; either put the sauce in a boat, or in the dish under the rabbit.

## BOILED RABBITS.

A rabbit should boil only twenty minutes, and boil slowly ; if larger than common, an extra ten minutes may be allowed ; it should be sent to table smothered in onion sauce, and the water should be kept free from scum. It is trussed for boiling differently to what it is for roasting.

## RABBIT WITH ONIONS.

Truss your rabbit, and lay it in cold water ; if for boiling, pour

the gravy of onions over it, and if you have a white stock-pot on, boil it in that.

#### CUTLETS OF FOWL AND GAME.

The cutlets are, of course, larger from fowls, &c., than chickens, but they may be prepared in the same manner. The cutlets are usually taken from the thighs, the wings boned, and from the fleshiest part of the body. The French serve them with sippets of bread fried a light brown, and place each cutlet upon a sippet, pouring into the dish, but not over the cutlets, a rich brown gravy.

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#### VEGETABLES, SALADS, ETC.

Vegetables form a most important feature in the art of cooking. It is the boast of French cooks, that we neither know the value, the taste, or the virtues of them, unless they dress them for us—and, to do them justice, they dress them in an infinite variety of ways, and also render them delicious to the palate. Much depends upon boiling greens, and the manner in which it is done ; the water should be soft a handful of salt should be thrown into the water, which should be made to boil before the greens are put in ; it should then be made what cooks term “gallop” the saucepan should be kept uncovered ; when the greens sink, they are done, and they should be taken out, and quickly too. It is the skill which French cooks exhibit in contriving and inventing made dishes, chiefly composed of vegetables, which has obtained for them the fame which it is in vain to deny they deserve ; they make the nature of the substances upon which they employ their skill, their study, and present them to the consumer in such fashion as shall, while it pleases the palate, not offend the digestion ; it would be as well if our cooks were to emulate their talent in a spirit of generous rivalry, by improving upon their example, rather than run down their abilities with a sneer at the slight character of their courses, which, if composed of dishes “made out of nothing,” or, “so disguised, you cannot tell what you are eating,” have at least the merit of gratifying the taste, and preventing the head from too plainly indicating that the stomach has received food of which it finds a difficulty in dispossessing itself. Vegetables are a most useful accessory to our daily aliment, and should be made the object of a greater study than they usually are.

#### CHARTREUSE OF VEGETABLES.

Line a plain mould with bacon ; have ready some half-done carrots, turnips, French beans cut long with a French cutter, all the same length, place them prettily round the mould, until you get to the

top, and fill in the middle with mashed potatoes, cauliflower, spinach, or some veal forcemeat; put it on to steam, turn it out, and put asparagus or mushroom sauce round it.

#### ASPARAGUS.

Let the stalks be lightly but well scraped, and as they are done, be thrown into cold water; when all are finished, fasten them into bundles of equal size; put them into boiling water, throw in a handful of salt, boil until the end of the stalk becomes tender, which will be about half-an hour; cut a round of bread, and toast it a clear brown, moisten it with the water in which the asparagus was boiled and arrange the stalks with the white ends outwards. A good melted butter must accompany it to table. Asparagus should be dressed as soon after it has been cut as practicable.

#### FRENCH BEANS.

When very young the ends and stalks only should be removed, and as they are done, thrown into cold spring water; when to be dressed put them in boiling water which has been salted with a small quantity of common salt, in a quarter of an hour they will be done, the criterion for which is when they become tender; the saucepan should be left uncovered, there should not be too much water, and they should be kept boiling rapidly. When they are at their full growth, the ends and strings should be taken off, and the beans divided lengthways and across, or according to the present fashion slit diagonally or aslant. A small piece of soda a little larger than a small-sized pea, if put into the boiling water with the beans, or with any vegetables, will preserve that beautiful green which is so desirable for them to possess when placed upon the table.

#### FRENCH BEANS, SALAD.

Boil them simply, drain them and let them cool; put them in a dish, and garnish with parsley, pimpernel, and tarragon, and dress like other salads.

#### STEWED BEANS.

Boil them in water in which a lump of butter has been placed; preserve them as white as you can; chop a few sweet herbs with some parsley very fine, then stew them in a pint of the water in which the leaves have been boiled, and to which a quarter of a pint of cream has been added; stew until quite tender, then add the beans, and stew five minutes, thickening with butter and flour.

#### BEANS BOILED.

Boil in salt and water with a bunch of savory, drain, and then put them into a stewpan, with five spoonfuls of sauce tournee reduced,

the yolk of three eggs, and a little salt, then add a piece of fresh butter, and stir it constantly till of a proper thickness.

#### WINDSOR BEANS.

They should be young, and shelled only just previous to cooking ; salt the water in which they are to be cooked, and, when boiling, throw in the beans ; when tender, drain in a cullender, and send to table with plain melted butter, or parsley and butter. They usually accompany bacon or boiled pork to table.

#### HARICOT BEANS.

Take two handfuls of the white beans, and let them lie in boiling water until the skins come off ; putting them in cold water as you do them, then take them out, and put them in a stewpan with some good stock, and boil them until nearly to a glaze, then add some good brown sauce to them, shaking them about ; season with sugar, salt, and pepper.

#### BEEF ROOTS.

Cut in equal sized slices some beet root, boiled or baked, of a good colour, make it hot between two plates in the oven, dish it as you would cutlets, round ; make a good piquant sauce, boil some button onions white and tender, and throw them in the middle of the dish with the sauce.

#### CABBAGES.

A full grown or summer cabbage should be well and thoroughly washed ; before cooking, cut them into four pieces, boil rapidly, with the saucepan uncovered, half an hour ; a young cabbage will take only twenty minutes, but it must be boiled very rapidly ; a handful of salt should be thrown in the water before the cabbage is put in.

#### CABBAGE RED.

They are mostly stewed to eat with ham, bacon, or smoked sausages, though sometimes without any meat ; they are very strong eating, and should be first scalded, then stewed with butter, pepper, salt and cloves, and vinegar added to it just before serving ; they are considered wholesome in veal broth for consumptions, but are most pickled.

#### CAULIFLOWERS, TO BOIL.

Trim them neatly, let them soak at least an hour in cold water, put them into boiling water, in which a handful of salt has been thrown, let it boil, occasionally skimming the water. If the cauliflower is small, it will only take fifteen minutes ; if large, twenty minutes may



be allowed ; do not let them remain after they are done, but take them up, and serve immediately. If the cauliflowers are to be preserved white, they ought to be boiled in milk and water, or a little flour should be put into the water in which they are boiled, and melted butter should be sent to table with them.

#### GREEN PEAS.

A delicious vegetable, a grateful accessory to many dishes of a more substantial nature. Green peas should be sent to table *green*, no dish looks less tempting than peas if they wear an autumnal aspect. Peas should also be young, and as short a time as possible should be suffered to elapse between the periods of shelling and boiling. If it is a matter of consequence to send them to table in perfection, these rules must be strictly observed. They should be as near of a size as a discriminating eye can arrange them ; they should then be put in a cullender, and some cold water suffered to run through them in order to wash them ; then having the water in which they are to be boiled slightly salted, and boiling rapidly, pour in the peas ; keep the saucepan uncovered, and keep them boiling swiftly until tender ; they will take about twenty minutes, barely so long, unless older than they should be ; drain completely, pour them into the tureen in which they are to be served, and in the centre put a slice of butter, and when it has melted, stir round the peas gently, adding pepper and salt ; serve as quickly and as hot as possible.

#### HOW TO COOK POTATOES.

Potatoes should always be boiled in their "jackets ;" peeling a potato before boiling is offering a premium for water to run through it and making them waxy and unpalatable ; they should be thoroughly washed and put into cold water.

#### TO BOIL NEW POTATOES.

The sooner the new potatoes are cooked after being dug, the better they will eat ; clear off all the loose skins with a coarse towel and cold water ; when they are thoroughly clean, put them into scalding water, a quarter of an hour or twenty minutes will be found sufficient to cook them ; strain off the water dry, sprinkle a little salt over the potatoes, and send them to table. If very young, melted butter should accompany them.

#### ROASTED POTATOES.

Clean thoroughly ; nick a small piece out of the skin, and roast in the oven of the range ; a little butter is sometimes rubbed over the skin to make them crisp.

## FRIED POTATOES.

Remove the peel from an uncooked potato. After it has been thoroughly washed, cut the potatoe into thin slices, and lay them in a pan with some fresh butter ; fry gently a clear brown, then lay them one upon the other in a small dish, and send to table as an *entremets*.

## SPINACH.

The leaves of the spinach should be picked from the stems ; it should then be well washed in clean cold water, until the whole of the dirt and grit is removed ; three or four waters should be employed, it will not otherwise be got thoroughly clean : let it drain in a sieve, or shake it in a cloth, to remove the clinging water. Place it in a saucepan with boiling water, there should be very little, it will be done in ten minutes ; squeeze out the water, chop the spinach finely, seasoning well with pepper and salt ; pour three or four large spoonfuls of gravy over it, place it before the fire until much of the moisture has evaporated, and then serve.

## LETTUCES AND ENDIVES.

Are better, I think, only cut into pieces or into quarters, and dished neatly round, but they must be done in some good stock, and not put into thick sauce ; but when you take them out after being done, you will press and form them, then boil down their liquor to a glaze, which will, when added to your already thick sauce, give the desired flavour, glaze the quarters before dishing them, pour the sauce under and round.

## PUDDINGS, TARTS, TARTLETS, ETC.

## PUFF PASTE.

One pound of butter, salt or fresh, and one pound of flour, will make a good dish of patty cases, or a large case for a vol-au-vent, and the remainder into a good dish of second course pastry.

Put your flour upon your board, work finely in with your hands lightly a quarter of the butter, then add water sufficient to make it the stiffness or softness of the remaining butter ; each should be the same substance ; work it up smooth, then roll it out longways half an inch thick ; and place the remainder of the butter cut in slices half way on the paste ; dust flour lightly over it, and double it up ; press it down with your rolling-pin, letting it lie a few minutes, then roll it three times thinner each time, letting it lie a few minutes between each roll, keeping it free from sticking to the board or rolling-pin. This paste is ready for patty-cases, or vol-au-vent, or meat pies.

## PASTE FOR BORDERS OF DISHES.

Six or eight yolks of eggs, a few drops of water, a little salt, keep mixing in flour until so stiff that you can scarce work it, then beat it and work quite smooth, keeping it in the moist until you require it ; then roll it out quite thin, and cut your patterns, placing upon your dishes before it gets too dry, dipping them on the bottom. Edge in white of eggs.

## FANCY PASTRY.

Use some fancy cutter, and use the second paste as before, cutting each piece a quarter of an inch thick, then egg them and glaze them, and bake them a light brown ; when cold, put different colored sweet-meats, such as apple jelly and red currant jelly, into devices upon the top of each piece, and dish them upon a napkin.

## SWEET OR BISCUIT CRUST.

Put half a pound of flour on your board, put into it two yolks of eggs, mix this all up that you cannot see the egg, then add a good dessert-spoonful of fine sifted sugar ; work it all well in the flour, then work in about two ounces of butter, and mix a little water or milk sufficient to make a stiff past. Beat it with your rolling-pin well, and work it well with your hands until quite smooth ; roll half a quarter of an inch thickness, for your tarts, either for slip tarts or covered ; glaze the covered tarts either before going into the oven or after ; if first, beat up a little white egg, spread it on the top of your tart, then cover it with sifted sugar, and gently sprinkle the sugar with water until all is damped, then sugar it again, and bake it in a slow fire ; notch the edge of your tart very fine.

## CHERRY TART.

Line the sides of a dish with good crust, strew in sugar, fill it with picked cherries, and put sugar at the top ; red currants may be added if liked, cover with crust, and bake.

## CURRANT TART.

Line a dish with puff paste, strew powdered sugar over the bottom of it, then put in alternate layers of currants carefully picked, and sugar, till the dish is full, then cover and bake it. The addition of raspberries or mulberries to currant tart is a great improvement.

## QUINCE TART.

Take a few preserved quinces, put an equal weight of syrup, made with sugar and water and preserve, into a preserving pan ; boil, skim, then put in the fruit ; when somewhat clear, place the quinces in a tart-dish with puff paste as usual. Cover, bake it, and, when done, lift the top gently, put in the syrup, ice it, and serve.

## BEEF STEAK PIE.

Take some good steaks, beat them with a rolling-pin, season them with pepper and salt ; fill a dish with them, adding as much water as will half fill it, then cover it with a good crust, and bake it well.

## COLD VEAL OR CHICKEN PIE.

Lay a crust into a shallow tart dish, and fill it with the following mixture : shred cold veal or fowl, and half the quantity of ham, most-ly lean, put to it a little cream, season with white and cayenne pepper, salt, a little nutmeg, and a small piece of shallot chopped as fine as possible : cover with crust, and turn it out of the dish when baked, or bake the crust with a piece of bread to keep it hollow, and warm the mince with a little cream, and pour in.

## EGG MINCE PIE.

Take six eggs, boil them hard, then shred them very small ; take twice the quantity of suet, and chop it very fine ; well wash and pick a pound of currants, shred fine the peel of a lemon, add them with the juice, six spoonfuls of sweet wine, mace, nutmeg, sugar, a very small quantity of salt, orange, lemon, and citron, candied. Cover with a very light paste.

## LEMON MINCE PIES.

Take a large lemon, squeeze the juice from it, and boil the outside till it becomes soft enough to beat to a smash ; put to it three large apples, four ounces of suet, the same of sugar, and half a pound of currants ; add the juice of the lemon, and some candied fruit, the same as for other pies. Make a short crust, and fill the patty-pans in the usual way.

## MINCE PIES WITHOUT MEAT.

Take of currants, apples chopped fine, moist sugar, and suet well chopped, a pound of each ; a quarter of a pound of raisins stoned and chopped small, the juice of four Seville oranges, the juice of two lemons, the rind of one shred fine, nutmeg and mace to suit the palate, and a glass of brandy. Mix all together, put it in a pan, and keep it closely tied up.

## MUTTON PIE.

Cut steaks from a neck or loin of mutton that has hung, beat them, and remove some of the fat, season with salt and pepper, and a little onion ; put a little water at the bottom of the dish and a little paste on the edge, then cover with a moderately thick paste, or raise small pies, and break each bone in two to shorten it, season and cover it over, pinching the edge. When they come out of the oven, pour in to each a little second stock.

## PORK PIE.

Cut a piece of the loin of pork into chops, remove the rind and bone, cut it into pieces, season well with pepper and salt, cover with puff paste, and bake the pie. When ready to be served, put in some cullis, with the essence of two onions mixed with a little mustard.

## SQUAB PIE.

Cut apples as for other pies, and lay them in rows with mutton chops, shred onions, and sprinkle it among them, and also some sugar.

## YORKSHIRE PUDDING.

Mix together a spoonful of flour, a pint of milk, and one egg well beaten, add a spoonful of salt and a little ginger grated; put this mixture in a square pan buttered, and when browned by baking under the meat, turn the other side upwards, to be browned also; serve it cut in pieces, and arranged upon a dish. If you require a richer pudding, increase the number of eggs.

## APPLE DUMPLINGS.

Pare a few good-sized baking apples, and roll out some paste, divide it into as many pieces as you have apples, cut two rounds from each, and put an apple under each piece, and put the other over, join the edges, tie them in cloths, and boil them.

## APPLE TART.

Take some good baking apples, pare, core, and cut them into small pieces; place them in a dish lined with puff paste, strew over pounded sugar, cinnamon, mace, nutmeg, cloves, and lemon-peel chopped small, then add a layer of apples, then spice, and so on till the dish is full; pour a glass and a half of white wine over the whole, cover with puff paste, and bake it. When done, raise the crust, stir in two ounces of fresh butter, and two eggs well beaten, replace the crust, and serve either hot or cold.

## RASPBERRY TART.

Put some raspberries in a patty-pan lined with thin puff paste, strew in some finely-sifted sugar, cover with puff paste, and bake it; when done, take off the top, and pour in half a pint of cream, previously mixed with the yolks of two or three eggs, and sweetened with a little sugar; then return the tart to the oven for five or six minutes.

## STRAWBERRY TART

Put into a basin two quarts of the best scarlet strawberries picked,



add half a pint of cold clarified sugar, the same quantity of Madeira, with the juice of two lemons, mix all well without breaking the strawberries, and put them into a puff paste previously baked ; keep them very cool.

#### OYSTER PATTIES.

Line some small patty-pans with a fine puff paste, put a piece of bread into each, cover with paste, and bake them. While they are baking, take some oysters, beard them, and cut the remainder up into small pieces, place them in a tosser, with a very small portion of grated nutmeg, a very little white pepper and salt, a morsel of lemon peel cut as small as possible, a little cream, and a little of the oyster liquor ; simmer it a few minutes, then remove the bread from the patties, and put in the mixture.

#### MEAT PATTIES.

The patty-pans should not be too large ; make a puff paste, put a layer at the bottom of the tins, put in forcemeat, and cover with puff paste, bake them a light brown, turn them out. If for a small dinner, five patties, or seven for a large dinner, will suffice for a side dish.

#### RICE PANCAKES.

To half a pound of rice put two-thirds of a pint of water, boil it to a jelly ; when cold, add to it eight eggs, a pint of cream, a little salt and nutmeg, and half a pound of butter melted ; mix well, adding the butter last, and working it only so much as will make the batter sufficiently thick. Fry them in lard, but employ as little as it is possible to fry them with.

#### FRITTERS

Are made of batter the same as pancakes. Drop a small quantity into the pan, have ready apples pared, sliced, and cored, lay them in the batter and fry them ; they may also be made with sliced lemon or currants, the latter is particularly palatable. They should be sent to table upon a folded napkin in the dish ; any sweetmeat or ripe fruit will make fritters.

#### APPLE FRITTERS.

Take two or three large russeting apples, pare them thin, cut them half an inch thick, lay them on a pie-dish, pour brandy over them, and let them lie two hours ; make a thick batter, using two eggs, have clean lard, and make it quite hot ; fry two at a time, a nice light brown, put them on the back of a sieve on paper, sift pounded sugar over them, glaze them with a shovel or salamander ; dish on a napkin. After they are cut in slices, take out the core with a small round cutter.

## INDIAN CORN CAKES.

Mix a quart of Indian meal with a handful of wheat flour, stir in a quart of warmed milk, a tea-spoonful of salt, and two spoonsful of yeast; stir alternately into the milk, the meal and three well beaten eggs; when light, bake as buckwheat cakes, on a griddle; send them to the table hot.—Should the batter sour, stir in a little salæratus dissolved in luke-warm water, letting it set half an hour before baking.

## BEST SPONGE CAKE.

Take one coffee-cupful of sugar, and four eggs; beat them to a cream; add a piece of salæratus as large as a pea dissolved in a tea-spoonful of milk; also a little nutmeg and essence of lemon; stir in carefully a coffee-cup of flour. Bake in a quick oven.

## A LIGHT CAKE.

Take a pint bowl full and a half of sugar, one and a half cups of butter rubbed in two pint bowls of flour, two cups of sour cream, a tea-spoonful of salæratus, table-spoonful of rose water, four eggs well beaten, and a little nutmeg.

## COMPOSITION CAKE.

Take four cups of flour, four of sugar, two cups of butter, five eggs, half a pint of cream, tea-spoonful of salæratus, spice to suit your taste. Beat all well together, and bake in a butter tin or in cups.

## INDIAN GRIDDLE CAKE.

Take one pint of Indian meal and one cup of flour, a little salt and ginger, a table-spoonful of molasses, a tea-spoonful of salæratus, sour milk enough to make a stiff batter. Bake them on a griddle like buckwheat cakes.

## COMMON PLUM CAKE.

Mix five cups of butter with ten cups of flour five cups of sugar, add six cups stoned rasins, a little cinnamon and mace finely powdered, half a cup of good new yeast put into a pint of new milk, warm and mix the dough, let it stand till it is light.

## POUND CAKE.

One pound dried sifted flour, the same of loaf sugar, and the whites of twelve eggs and the yolks of seven. Beat the butter to a cream, add the sugar by degrees, then the eggs and flour; beat it all well together for an hour, mixing a tea-spoonful of rose water, a little nutmeg or cinnamon, two cups of cream, and a tea-spoonful of salæratus. To be baked in a quick oven.

## TEA CAKES.

A quart of flour, one pint of sour cream, tea-spoonful salæratus, two cups of molasses, a little cinamon and salt, make a stiff paste, and bake in a moderate oven.

## BREAKFAST BUTTER CAKES.

One quart of sour milk, one tea-spoonful salæratus, a little salt, one and a half cup of boiled rice, two table-spoonful molasses or half cup of sugar, a little ginger, and flour enough to make a stiff batter.

## BUCK-WHEAT CAKES.

Take one quart of buck-wheat meal, half a cup of new yeast, a tea-spoonful of salæratus, a little salt and sufficient new milk or cold water to make a thick batter. Put it in a warm place to rise. When it has risen sufficiently, bake it on a griddle or in a spider. The griddle must be well buttered, and the cakes are better to be small and thin.

## PLAIN INDIAN CAKES.

Take a quart of sifted Indian meal, sprinkle a little salt over it, mix it with scalding water, stirring; bake on a tin stove oven. Indian Cake is made with butter-milk, or sour milk, with a little cream or butter rubbed into the meal, and a tea-spoonful of salæratus.

## BUTTER CAKES FOR TEA.

Beat two eggs, put them in half pint of milk, and a tea-cup of cream, with half a tea-spoonful of salæratus dissolved in the cream, a little salt, cinnamon and rose-water if you like, stir in sifted flour till the batter is smooth and thick. Bake them on a griddle or in a pan. Butter the pan well, drop the batter in small round cakes and quite thin. They must be turned and nicely browned. Lay them on a plate with a little butter between each layer.

## CREAM CAKES.

One quart of flour, one pint of cream, a little sour cream, one tea-spoonful of salæratus dissolved in the sour cream. If the flour is not made sufficiently wet with the above quantity of cream, add more sweet cream.

## ROLLS.

Rub into a pound of flour half a tea-cup full of butter; add half a tea-cup of sweet yeast, a little salt, and sufficient warm milk to make a stiff dough, cover and put it where it will be kept warm, and it will rise in two hours. Then make into rolls or round cakes. They will bake in a quick oven in fifteen minutes.

## CUP CAKE.

Take one cup of butter, two cups of sugar, three cups of flour, and four eggs. Tea spoonful of salætatus, nutmeg and rose-water.

## TEA CAKE.

To four cups of flour add three cups of sugar, three eggs, one cup of butter, one cup of milk, and one spoonful of dissolved pearlash.

## INDIAN CAKE.

Take three cups of Indian meal, two cups of flour, one half a tea-cup of molasses, a little salt, one tea-spoonful of salætatus, and mix them with cold water.

## LOAF CAKE.

Two pounds of flour, half a pound of sugar, quarter of butter, three eggs, one gill of milk, half a tea-cup sweet emptyings, cinnamon and rose water.

## COMMON GINGER-BREAD.

Take a quart bowlful of flour, and rub into a tea-cup of sweet butter, two cups of sugar, three of molasses, tea-cup of cream, tea-spoonful salætatus, ginger to your taste. Make it stiff batter, bake in a quick oven.

## GINGER-BREAD.

Four cups of flour, three eggs, one cup of butter, two of sugar, one of cream, ginger, nutmeg, salætatus.

## ARROW-ROOT CUSTARDS.

Four eggs, one desert spoonful of arrow-root, one pint of milk sweetened, and spiced to the taste.

## GINGER SNAPS.

Take one pint of molasses, one tea-cup of butter, one spoonful of ginger, and one tea-spoonful of salætatus; and boil all the ingredients thoroughly; when nearly cold, add as much flour as can be rolled into the mixture.

## JUMBLES.

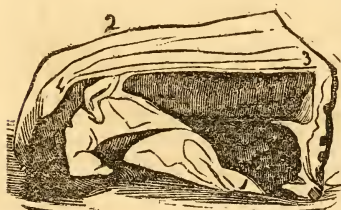
Rub to a cream a pound of sugar, and half a pound of butter; add eight well beaten eggs, essence of lemon or rose-water to the taste and flour to make the jumbles stiff enough for rolling out. Roll out, in powdered sugar, about half an inch wide and four inches long, and form them into rings by joining the ends. Lay them on flat buttered tins, and bake in a quick oven.

## CARVING.

Ladies ought especially to make carving a study; at their own houses they grace the table, and should be enabled to perform the task allotted to them with sufficient skill to prevent remark, or the calling forth of eager proffers of assistance from good-natured visitors near, who probably would not present any better claim to a neat performance.

Carving presents no difficulties; it simply requires knowledge. All displays of exertion or violence are in a very bad taste; for if not proved an evidence of the want of ability on the part of the carver, they present a very strong testimony of the toughness of a joint.

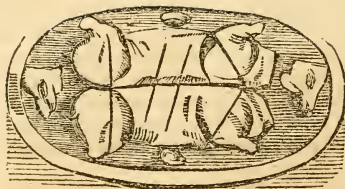
Lightness of hand and dexterity of management are necessary, and can only be acquired by practice. The flakes which, in such fish as salmon and cod, are large, should not be broken in serving, for the beauty of the fish is then destroyed, and the appetite for it injured. In addition to the skill in the use of the knife, there is also required another description of knowledge, and that is an acquaintance with the best part of the joint, fowl, or fish being carved. Thus in a haunch of venison the fat, which is a favorite, must be served with each slice; in the shoulder of mutton there are some delicate cuts in the under part. The breast and wings are the best parts of a fowl and the trail of a woodcock on a toast is the choicest part of the bird. In fish a part of the roe, melt, or liver should accompany the piece of fish served. The list, however, is too numerous to mention here; and indeed, the knowledge can only be acquired by experience. In large establishments the gross dishes are carved at the buffet by the butler, but in middle society they are placed upon the table. In the following directions, accompanied by diagrams, we have endeavored to be as explicit as possible; but while they will prove as landmarks, to the uninitiated, he will find that practice alone will enable him to carve with skill and facility.



**PART OF A SIRLOIN OF BEEF.**  
There are two modes of helping this joint; either by carving long thin slices from 3 to 4, and assisting a portion of the marrowy fat, which is found underneath the ribs, to each person; or by cutting thicker slices in the direction 1 to 2. When sent to table the joint should be

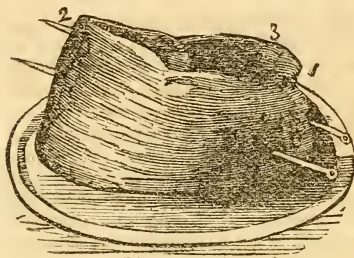
laid down on the dish with the surface 2 uppermost.





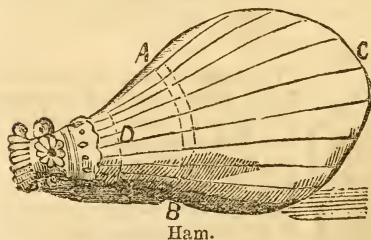
Roast Pig.

bread sauce and stuffing should accompany it. An ear and the jaw are favorite parts with many people.



Aitch-Bone.

once. Carve from 1 to 2; let the slices be moderately thin—not too thin; help fat with the lean in one piece, and give a little additional fat which you will find below 3; the solid fat is at 1, and must be cut in slices horizontally. The round of beef is carved in the same manner.



Ham.

**SUCKING PIG.** The cook should send a roast pig to table as displayed here, garnished with head and ears, carve the joints in the direction shown by the lines in the diagram, then divide the ribs, serve with plenty of sauce; should one of the joints be too much, it may be separated:

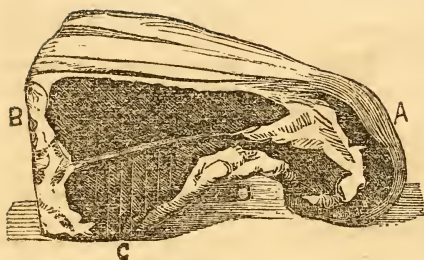
#### AN AITCH-BONE OR BEEF.

This is a simple joint to carve, but the slices from it must be cut quite even, and of a very moderate thickness. When the joint is boiled, before cutting to serve, remove a slice from the whole of the upper part of sufficient thickness, say a quarter of an inch, in order to arrive at the juicy part of the meat at

**HAM.** It is served as placed in the engraving, and should come to table ornamented. Carve from A to B, cutting thin slices slantingly, to give a wedge-like appearance. Those who prefer the hock carved at D, in the same direction as from A to B, then carve from D to C, in thin slices, as indicated

in the diagram.

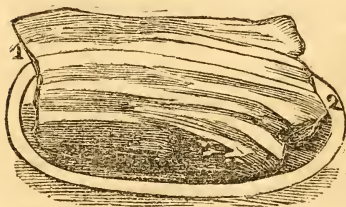
**BOILED TONGUE.** Carve across the tongue, but do not cut through; keep the slices rather thin, and help the fat from underneath.



Sirloin of Beef.

**THE SIRLOIN OF BEEF**

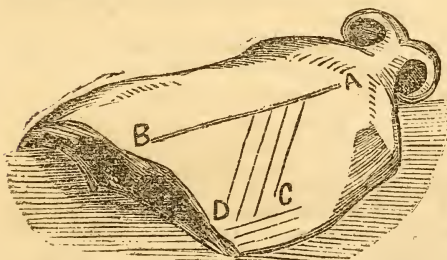
The under part should first served, and carved as indicated in the engraving, across the bone. In carving the upper part the same directions should be followed as for the ribs, or in the centre, from A to B, and helping the fat from D.



**BRISKET OF BEEF**, must be carved in the direction 1 and 2 quite down to the bone, after cutting off the outside, which should be about three-quarters of an inch thick.

**RIBS OF BEEF** are carved similar to the sirloin, commencing at the thin end of the joint, and cutting long slices, so as to assist fat and lean at the same time.

**ROUND OR BUTTOCK OF BEEF.**—Remove the upper surface in the same manner as for an aitch-bone of beef, carve thin horizontal slices of fat and lean, as evenly as possible. It requires a sharp knife and steady hand to carve it well.

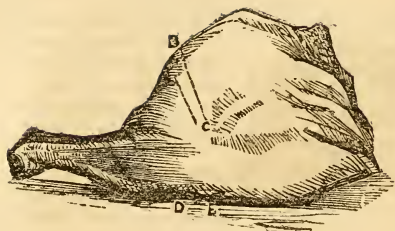


Saddle of Mutton.

**SADDLE OF MUTTON.**

The tail end is divided in the engraving, and the kidneys skewered under each division; this is a matter of taste, and is not always done. Carve from A to B in thin slices, help fat from the vertebræ on

on both sides of the loin, and then carve crosswise as marked in the engraving, which gives you both fat and lean; help a slice of kidney to those who desire it.



Leg of Mutton.

**LEG OF MUTTON.** The under or thickest part of the leg should be placed uppermost, and carved in slices moderately thin, from B to C. Many persons have a taste for the knuckle, and this question should be asked, and if preferred, should be assisted. When cold, the back of the leg should be placed uppermost, and thus carved; if the cramp

bone is requested, and some persons regard it as a dainty, hold the shank with your left hand, and insert your knife at D, passing it round to E, and you will remove it.

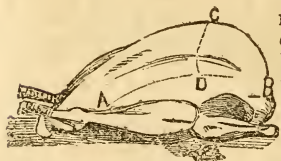
**RIBS OF BEEF.** There are two modes of carving this joint; the first, which is now becoming common, and is easy to an amateur carver, is to cut across the bone commencing in the centre, and serving fat from A, as marked in the engraving of the sirloin, or it should be carved in slices from A to C, commencing either in the centre of the joint or at the sides. Occasionally the bones are removed, and the meat formed into a fillet; it should then be carved as a round of beef.

**THE LOIN OF MUTTON** if small, should be carved in chops, beginning with the outer chop; if large, carve slices the whole length. A neat way is to run the knife along the chine bone and under the meat along the ribs, it may then be cut in slices as shown in the engraving of the saddle of mutton; and by this process fat and lean are served together; your knife should be very sharp and it should be done cleverly.

**NECK OF MUTTON**, if the scrag and chine bone are removed, is carved in the direction of the bones.

**THE SCRAG OF MUTTON** should be separated from the ribs of the neck, and when roasted the bone assisted with the meat.

**HAUNCH OF MUTTON** is carved as haunch of venison.

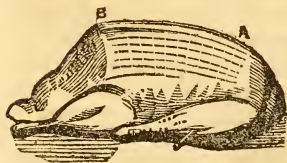


**ROAST FOWL.** This operation is a nice and skilful one to perform; it requires both observation and practice. Insert the knife between the legs and the side, press back the leg with the blade of the knife, and the joint will disclose itself: if young it will part, but at best, if judiciously managed, will require but a nick where the

joints unite. Remove your wing from D to B, cut through and lay it back as with the leg, separating the joint with the edge of your knife, remove the merrythought and neck bones next, this you will accomplish by inserting the knife and forcing it under the bones, raise it and it will readily separate from the breast. You will divide the breast from the body by cutting through the small ribs down to the vent, turn the back uppermost, now put your knife into about the centre between the neck and rump, raise the lower part firmly yet gently, it will easily separate, turn the neck or rump from you, take off the side bones and the fowl is carved.



In separating the thigh from the drumstick, you must insert the knife exactly at the joint, as we have indicated in the engraving; this however will be found to require practice, for the joint must be accurately hit, or else much difficulty will be experienced in getting the parts asunder. There is no difference in carving roast and boiled fowls, if full grown; but in a very young fowl when roasted, the breast is served whole. The wings and breast are in the highest flavour, but the leg of a young fowl is an excellent part. Capons when very fine and roasted, should have slices carved from the breast.



**GEESE.** Follow with your knife the lines marked in the engraving, A to B, and cut slices, then remove the wing, and if the party be large, the legs must also be removed, and here the *disjoiner* will again prove serviceable. The stuffing, as in the turkey, will be obtained by making an insertion at the apron c.

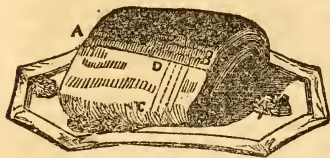
**GUINEA FOWL** are carved in the same manner.

**QUAILS, LANDRAIL, WHEATEARS, LARKS,** and all small birds are served whole.

**GROUSE AND PLOVER** are carved as partridges.

**SNIFE AND WOODCOCK** are divided into two parts; the trail being served on a toast.

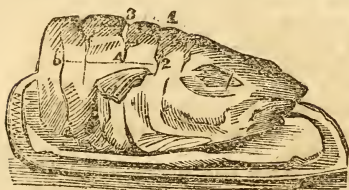
Fish should never be carved with steel; assisting requires more care than knowledge; the principal caution is to avoid breaking the flakes. In carving a piece of salmon as here engraved, cut thin slices, as from A to B, and help with it pieces of the belly in the direction marked from C to D, the best flavored is the upper or thick part.



Middle Cut of Salmon.



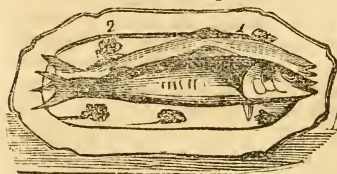
**COD'S HEAD AND SHOULDERS.** Carry the knife from 1 to 2, and



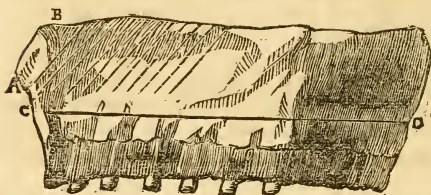
Cod's Head.

then along the line to 5, help slices accompanied by some of the sound, which is to be found lining the back, and which you may obtain by passing the knife under the back-bone at 5; serve also a piece of liver. Many choice parts lie in this dish, and by inquiry you will soon ascertain which they are.

**HADDOCK.** It is dressed whole, unless unusually large. When sent to table it is split its whole length, and served one-half the head to the tail of the other part; it is carved across.



**MACKEREL** should always be sent to table head to tail, divide the meat from the bone by cutting down the back lengthwise, from 1 to 2, upper part the best. All small fish such as herrings, smelts, &c., are served whole.

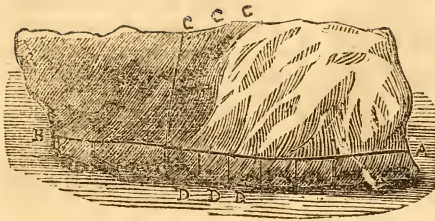


#### NECK OF VEAL.—

Were you to attempt to carve each chop, and serve it, you would not only place a gigantic bit upon the plate of the person you intended to help, but you would waste time, and if the vertebræ has not been jointed by the butcher, you would find yourself in the position of the ungraceful carver, being compelled to exercise a degree of strength which should never be suffered to appear, very possibly, too, assisting gravy in a manner not contemplated by the person unfortunate enough to receive it. Cut diagonally from B to A, and help in slices of moderate thickness; you can cut from C to D in order to separate the small bones, divide and serve them, having first inquired if they are desired.

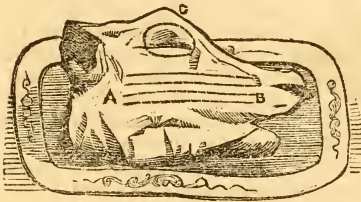
**LOIN OF VEAL.** This joint is sent to table served as sirloin of beef. Having turned it, over, cut out the kidney and the fat return it to its proper position, and carve it as in the neck of veal, from B to A help with it a slice of kidney and fat. The kidney is usually placed upon a dry toast when removed from the joint.





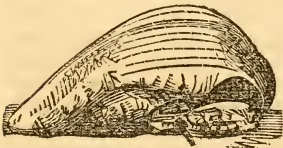
**THE BREAST OF Veal.** Separate the ribs from A to B; these small bones, which are the sweetest and mostly chosen, you will cut them as at D D D, and serve. The long ribs are divided as at C C C; and having ascertained the

preference of the person, help accordingly; at good tables the scrag is not served, but is found, when properly cooked, a very good stew.



**CALF'S HEAD.** There is much more meat to be obtained from a calf's head by carving it one way than another. Carve from A to B, cutting quite down to the bone. At the fleshy part of the neck end you will find the throat sweetbread, which you can help a slice of with the other

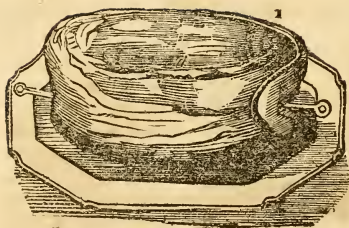
part; you will remove the eye with the point of the knife, and divide it in half, helping those to it who profess a preference for it, there are some tasty, gelatinous pieces around it which are palatable. Remove the jaw-bone, and then you will meet with some fine-flavored lean; the palate, which is under the head, is by some thought a dainty, and should be proffered when carving.



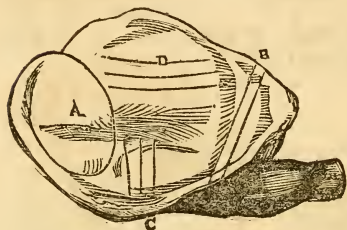
Boiled Turkey.

**BOILED TURKEY** is trussed in a different fashion to the roast, but the same directions given for the first applies to the second. The legs in the boiled turkey being drawn into the body may cause some little difficulty at first in their separation, but a little practice will soon surmount it.

**SHOULDER OF VEAL** is sent to table with the under part placed uppermost. Help it as a shoulder of mutton, beginning at the knuckle end.



**FILLET OF VEAL.** Cut a slice off the whole of the upper part in the same way as from a round of beef, this being, if well roasted, of a nice brown, should be helped in small pieces with the slices you cut for each person. The stuffing is skewered in the flap, and where the bones comes out there is some placed; help this with the meat, with a piece of the fat.



#### A SHOULDER OF MUTTON.

This is a joint upon which a great diversity of opinion exists, many professing a species of horror at its insipidity; others finding much delicacy of flavor in certain parts. In good mutton there is no doubt but that if properly managed it is an excellent joint, and if judiciously served, will give

satisfaction to all who partake of it. It should be served hot. It is sent to table lying on the dish shown in the annexed engraving. Commence carving from A to B, taking out moderately thin slices in the shape of a wedge; some nice pieces may then be helped from the blade bone, from C to B, cutting on both sides of the bone. Cut the fat from D, carving it in thin slices. Some of the most delicate parts, however, lie on the under part of the shoulder; take off thin pieces horizontally from B to C, and from A; some tender slices are to be met with at D, but they must be cut through as indicated.

The shoulder of mutton is essentially a joint of tit-bits, and therefore, when carving it, the tastes of those at table should be consulted. It is a very insipid joint when cold, and should therefore be hashed if sent to table a second time.

**WILD DUCK AND WIDGEON.** The breast of these fowls being the best portion, is carved in slices, which, being removed, a glass of old port made hot is poured in, the half of a lemon seasoned with cayenne and salt should then be squeezed in the slices, relaid in their places, and then served, the joints being removed the same as in other fowl.

**PARTRIDGE.** Separate the legs, and then divide the bird into three parts, leaving each leg and wing together. The breast is then divided from the back, and helped whole, the latter being assist-

ed with any of the other parts. When the party consists entirely of gentlemen only, the bird is divided into two by cutting right through from the vent to the neck.

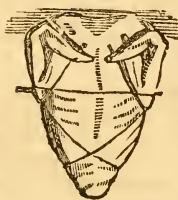
**PIGEON.** Like woodcock, these birds are cut in half, through the breast and back, and helped.



**ROAST TURKEY.**—Cut long slices from both sides of the breast down to the ribs, at A B to the breast bone. If a large bird the legs may be removed, and the drumsticks taken off. The joint of the pinion is just below B. The stuffing may

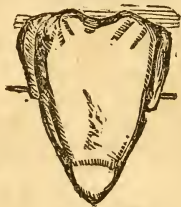
be removed by making an incision in the apron.

**BOILED FOWL.**—There is but little difference in the mode of carv-



Boiled Fowl—breast.

ing roast and boiled fowl, and that little lies in the breast of the former being generally served entire—the thigh bone, too, is preferred by many to the wing.



Boiled Fowl—back.

## CUSTARDS, CREAMS, & C.

**CUSTARDS.**—Boil a pint of milk with lemon peel and cinnamon, mix a pint of cream, and the yolk of eggs beaten; when the milk tastes of the seasoning, sweeten it enough for the whole, pour it into the cream, and stir it well, then give the custard a simmer till of a proper thickness; do not let it boil, and stir it one way the whole time; then flavor with a large spoonful of peach-water, and two of brandy. If the custard is required very rich, use a quart of cream and no milk.

**LEMON CUSTARD.**—Take the yolks of ten eggs beaten, strain them, and whip them with a pint of cream; boil the juice of two lemons, sweetened, with the rind of one; when cold strain it to the cream and eggs; when it almost boils, put it into a dish, grate over the rind of a lemon, and brown with a salamander.

**BLACK CURRANT JELLY.**—Make it the same way as red currant jelly, using very coarse sugar.

**RICE CUSTARDS.**—Take one tea-spoonful of rice flour, a pint of new milk, the yolks of three eggs, a table-spoonful of ratafia ; sugar to liking ; mix the rice very smooth, and stir it, with the eggs, into the boiling milk.

**CHERRY ICE CREAM.**—Pound half a pound of preserved cherries unstoned, put them into a basin with a pint of cream, the juice of a lemon, and a gill of syrup ; pass it through a sieve, and freeze it in the usual way.

**CURRANT ICE CREAM.**—Put into a basin a large spoonful and a half of currant jelly, with half a gill of syrup ; squeeze in the juice of one lemon and a half, add a pint of cream and a little cochineal, pass it through a sieve, and freeze it in the usual way.

**LEMON ICE CREAM.**—Take the juice of four lemons and the peel of one grated, add two gills of syrup and one pint of cream, mix it all together, pass it through a sieve, and freeze it.

**STRAWBERRY ICE CREAM.**—Pass a pint of picked strawberries through a sieve with a wooden spoon, add four ounces of powdered sugar, and a pint of cream, and freeze.

**WATER ICES.**—If made from jams, you must rub them through a sieve, adding thick boiled syrup, and lemon juice, and some jelly and coloring, if for pink, and the white of an egg whipt up, before you add it to the best half-pint of spring water ; if for jam. you must have a good pint of mixture in all, to make a quart mould ; if from fruits with syrup, you will not need water.

**APPLE JELLY.**—Pare and core five dozen of pippins, put them in a pan with enough water to cover them, let them boil gently until soft ; let them cool, then strain them through a jelly-bag, put the juice in your preserving-pan, and to each pint of juice put one pound of fine sugar and the peel of two lemons, then boil it until reduced to the stiffness of calf's-foot jelly, skim it well, and add the juice of a lemon ; if you cannot get the pippin, any acid apple will do.

**RED CURRANT JELLY.**—Set on the fire in a pan a pint of clarified sugar, when it boils put in a quart of picked red currants, in which let them boil for half an hour, skim it well, and at times add a little cold water to raise the scum ; when boiled enough, run the liquor through a sieve into a basin into which you have squeezed three lemons, then put in some isinglass and set your jelly in a mould on ice to cool.

**WHITE CURRANT JELLY.**—Take the seeds from a dozen pounds of white currants, and put them into ten pounds of clarified sugar ; take your saucepan from the fire, stir the jelly lightly with a skimmer, then boil it up twice, after which pass it through a sieve ; replace it over the fire, taking care to keep the sides of the pan clean with a sponge so that the jelly does not become colored by the heat in boiling, skim it, and finish the same as the red jelly.



**CALVES'-FOOT JELLY.**—Chop up two calves' feet, put them on with about four quarts of water to boil ; this should be done the day before you require the jelly ; keep it well skimmed and boil gently all day, it will then be reduced to about two quarts ; the next morning take off all the grease and wash the top with a little warm water, then rinse it with cold ; place the stock in the proper-sized stewpan to allow it to boil well, then put in a paring of lemon, without any white adhering to it, two or three cloves, a piece of cinnamon, a few bruised coriander seeds, a bay leaf, let it boil for a few minutes, and then take it off to get cool. Have ready broken in a bowl six or eight whites of eggs and the shells, chop them up together, squeeze five or six lemons, strain the juice, add sugar to the whites of eggs, and a glass of cold water, then add the lemon juice ; add all this well mixed to the calves'-foot stock, place it on the fire and let it rise to the top of your stewpan, being careful it does not go over ; then take it from the fire, place on the cover, and put some hot coals upon it, let it be still a few minutes, and then run it repeatedly through the jelly-bag till beautifully bright and clear : flavor with whatever is desired.

**CHERRY JELLY.**—Having taken the stalks and stones from two pounds of dark red fleshy cherries, put them in a basin, pound the kernels, and squeeze the juice of four lemons through a tammy, mash the cherries with a wooden spoon, putting first in half a pot of currant jelly, then the kernels, lastly the lemon juice, and mix these well together ; then having boiled and skimmed a pint of clarified sugar and isinglass, put the cherries into a jelly-bag, pour the sugar, &c., over them, and run it through till quite clear ; if not sufficiently sweet add more sugar,—if the contrary, add more lemon-juice ; wet the mould, set it in ice, and fill it with the jelly, but do not turn it out till the last minute.

**LEMON JELLY.**—Set a pint and a half of clarified sugar on the fire, and dilute it with a little water ; when it boils and has been well skimmed, put in two ounces of clarified isinglass with a little lemon peel cut very thin ; let these boil till you have squeezed through a sieve into a basin the juice of six lemons, then pass your sugar and isinglass to it, and set it in a mould like other jellies ; when turned out, garnish with dried jellies.

**RUM JELLY.**—To a quart bottle of common white wine, add a pound of lump sugar reduced to syrup and clarified, then take an ounce of isinglass, dissolve it thoroughly, strain it through a sieve, and mix it with the syrup milk warm : when this mixture is nearly cold, pour it into the white wine, mix it by stirring it well, then add a spoonful, or more if desired, of old Jamaica rum, stir it and pour it into a mould, or glasses, if intended for evening parties.

**MARMALADE**—may be composed of almost any fruit, the best being apricots, peaches, oranges, quinces, apples, &c. They are made by



boiling the fruit and sugar together to a sort of pulp, stirring them occasionally while on the fire ; it is kept in pots, which must not be covered till the marmalade is quite cold ; the proportion of sugar is half a pound to each pound of fruit.

**APPLE MARMALADE.**—scald apples until they will pulp from the core, then take in large lumps the same quantity of sugar as apple ; amp the sugar in water, then boil them, keeping it well skimmed ; boil it until it is of a thick syrup, then put it to the pulped apple , boil it over a quick fire about a quarter of an hour, add the grating of one lemon and six cloves, but take the cloves out again ; then fill your jars.

**BLANCMANGE.**—Take one ounce of picked isinglass, boil it in a pint of water with a bit of cinnamon till it is melted, add three quarters of a pint of cream, two ounces of sweet almonds, six bitter ones blanched and beaten, and a bit of lemon peel ; sweeten it and stir it over the fire. When it boils, strain it, and let it cool, squeeze in the juice of a lemon, and put it into moulds. Garnish according to fancy.

**TO CLARIFY SUGAR.**—Take the quantity of fine white loaf sugar you intend to clarify, add to it half a pint of very clean warm water for every pound ; when dissolved, add to it the white of one or two eggs—as the quantity may require—well whipped, put it on the fire ; and when it comes to a boil, pour into it an ordinary tea-cupful of cold water ; on its rising again to a boil, remove it, and let it settle for twenty minutes ; skim the scum from the top, pour off the syrup into a clean vessel with sufficient quickness to leave all the sediment at the bottom, and such steadiness as to prevent any of the latter rising and mixing with it.

THE END.

June 1859.

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
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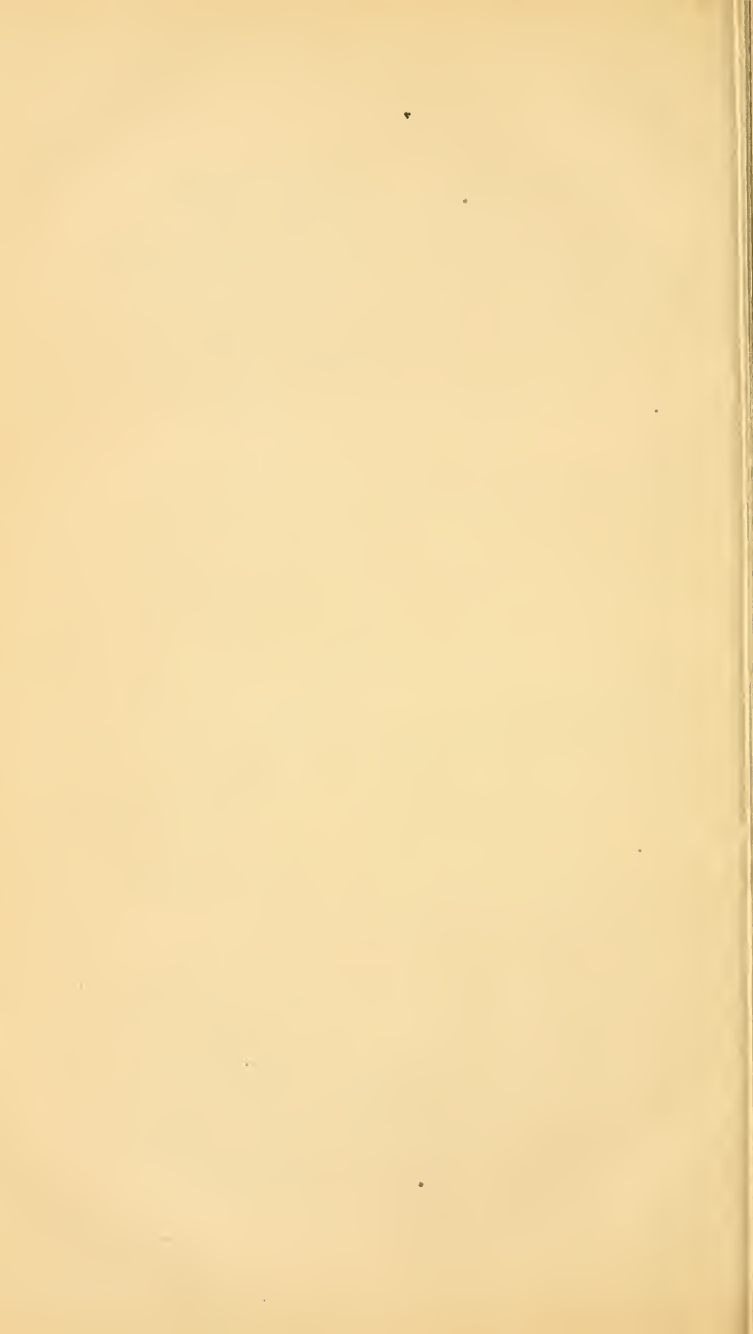
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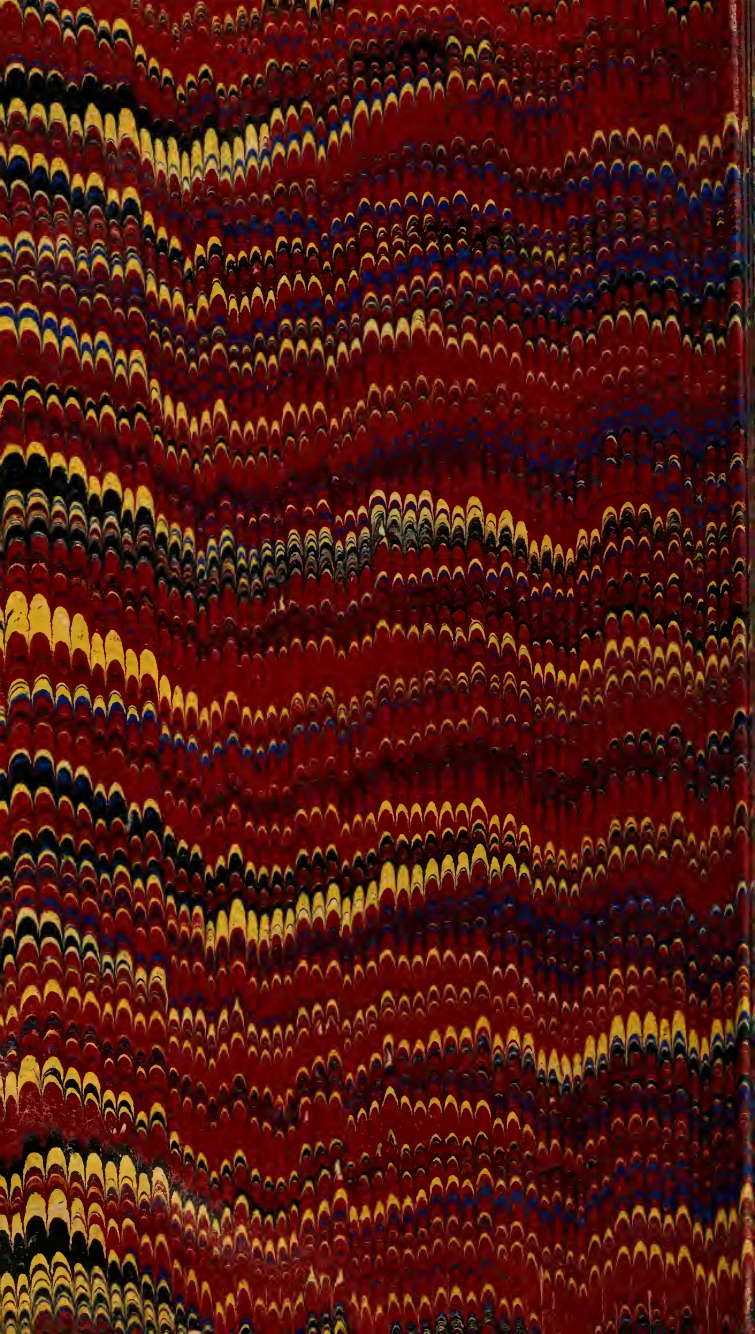


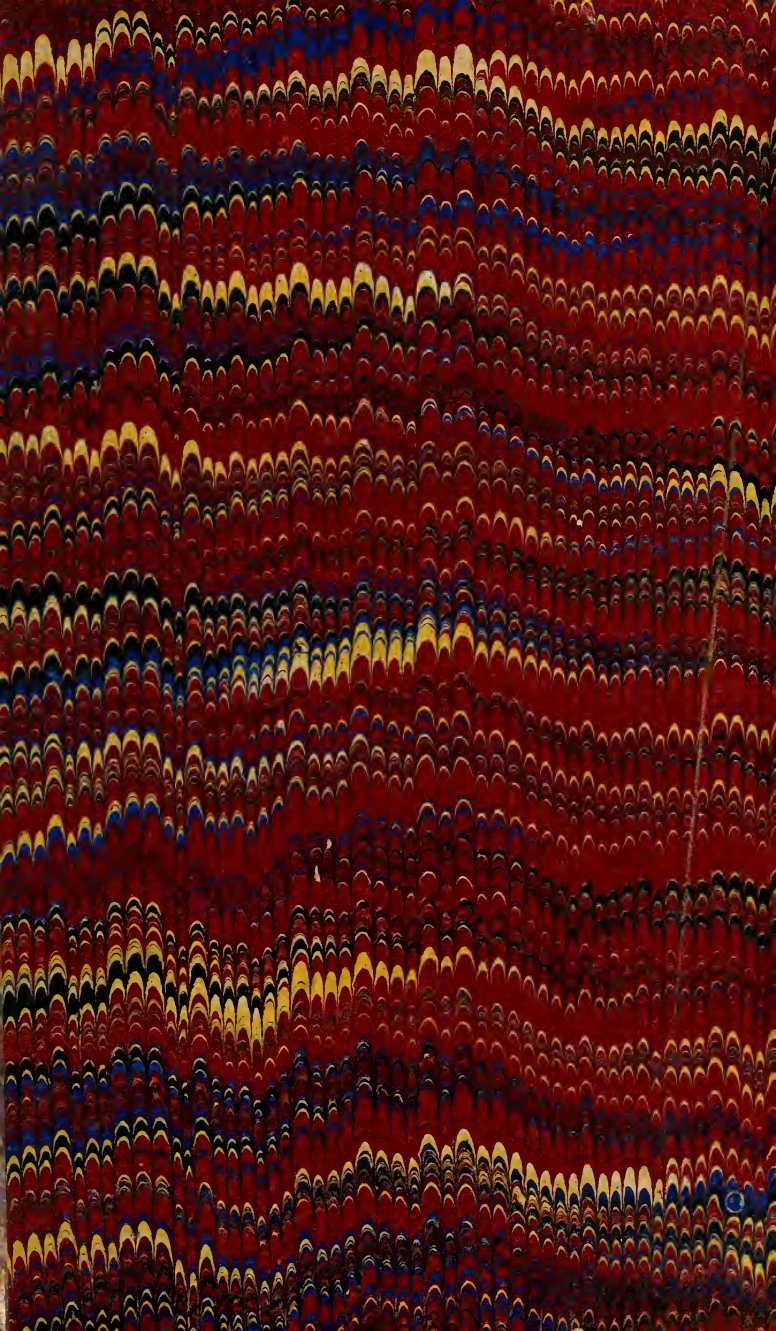














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